



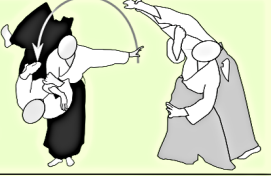















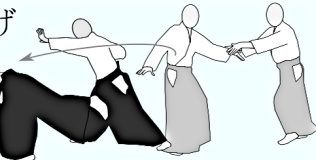

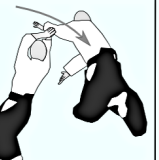

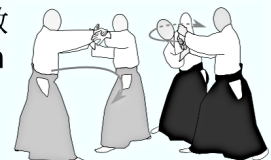












<p>打ちの理 uchi no ri</p> <p>hitting principle</p> <p>水 misu water</p>	<p>鳥船呼吸投げ (振り突き呼吸投げ) torifune kokyū nage (furizuki kokyū nage) "rowing" bird-boat breath throw (swinging thrust breath throw)</p>  	<p>隅落とし sumi otoshi corner drop</p> 	<p>一教 ikkyō first teaching</p> 	<p>合気腰 aiki goshi aiki hip throw</p> 
	<p>前落とし mae otoshi forward drop</p> 	<p>十字絡み jyūji garami cross knot entanglement</p> 	<p>五教 gokyō fifth teaching</p> 	<p>腰車 koshi guruma hip wheel</p> 
<p>抑えの理 osae no ri</p> <p>control principle</p> <p>土 tsu earth</p>	<p>玄形呼吸投げ genkei kokyū nage profound form breath throw</p> 	<p>小手返し kote gaeshi wrist twist</p> 	<p>二教 nikkyō second teaching</p> 	<p>合気落とし aiki otoshi aiki drop</p> 
	<p>引き落とし hiki otoshi pulling drop</p> 	<p>腕絡み抑え ude garami osae arm entanglement control</p> 	<p>肘決め抑え hiji kime osae elbow control lock</p> 	<p>沈身車返し chin shin kuruma gaeshi sinking body wheel twist</p> 
<p>投げの理 nage no ri</p> <p>throw principle</p> <p>風 hu wind</p>	<p>天地投げ tenchi nage heaven earth throw</p> 	<p>入身投げ irimi nage entering throw</p> 	<p>三教 sankyō third teaching</p> 	<p>回転投げ kaiten nage rotary throw</p> 
	<p>切り落とし kiri otoshi cutting drop</p>  	<p>首絞め kubi jime neck choke</p> 	<p>内回転三教 uchi kaiten sankyō inwards turn sankyō</p> 	<p>背負い車 seoi guruma shoulder wheel</p> 
<p>斬の理 zan no ri</p> <p>cutting principle</p> <p>火 ka fire</p>	<p>四方切り呼吸投げ (zanto kokyū nage) (斬刀呼吸投げ) shihō giri kokyū nage (zanbō kokyū nage) four directions cut breath throw (cutting sword breath throw)</p>  	<p>四方投げ shihō nage four directions throw</p> 	<p>四教 yonkyō fourth teaching</p> 	<p>腕決め投げ ude kime nage arm lock throw</p> 
	<p>回転落とし kaiten otoshi rotary drop</p>  	<p>逆肘決め抑え gyaku hiji kime osae reversed elbow control lock</p> 	<p>腕絡み ude garami arm entanglement</p> 	<p>手車 te guruma hand wheel</p> 