

Beach Cities Aikido



Orenite -unbendable arm tesited in hamni stance



Hamni No Kami- half body stance, left and right

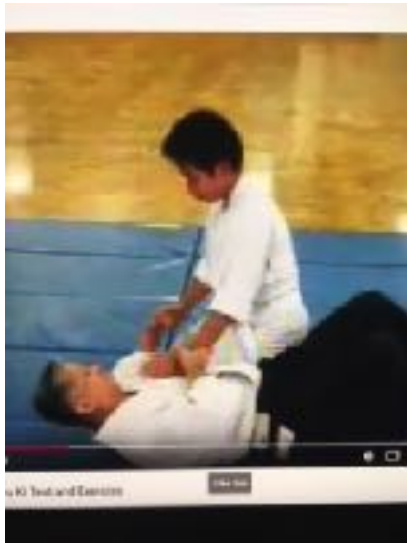


Banzai no kami- stance with feet shoulder width apart and both arms raised

Beach Cities Aikido



Shizentai- natural stance with feet apart



kokudosa- kokudosa practiced in seiza, timing or breath power



Renzoku kokudosa- kokugosa practiced continuously, one side to another without pause