



# AIKIDO

## No. 23

by Senta Yamada,  
6th dan Judo,  
6th dan Aikido

foot and complete the circle by turning under his arm, (it should be emphasised that you must not lift the opponents arm too high otherwise he will be able to turn out of the technique and escape), so that you and your opponent are facing in opposite directions, see Figure 3. Continue to press down on his arm stepping forward with your right foot, and continue in this direction using the "succeeding foot" movement until your opponent is thrown to the ground, see Figure 4.

The 15th basic technique described Kata style, is commenced with the opponents standing facing each other in "Gyakugamae" or the reverse position that is with one

player with his right foot forward and the other with his left foot forward.

Your opponent attacks you with his left hand, you block his arm with your right hand on the inside of his wrist, see Figure 5, perform an outside sweep, at the same time grasping his wrist and pulling his arm to his front corner, so that his balance is broken and his arm begins to turn, now grasp his wrist with your right hand, see Figure 6, and maintaining pressure step with your left foot between yourself and your opponent completing the circle and throw him on to his back in the manner explained in the previous technique.

### NOTICE

Southern Area County Championships will be held on the 31st May at the Myodokan, Brighton. The event is due to start at 3 p.m. During the weekend there will be a course under a high grade international. Times for the course will be Saturday, 30th May 3—5 p.m.; Sunday, 31st May 10—12 a.m. Fee 10/-.

*Applications to Secretary, Myodokan, Pelham Mission, Upper Bedford Street, Brighton, Sussex.*