



Tamashī to Kokoro Dojo

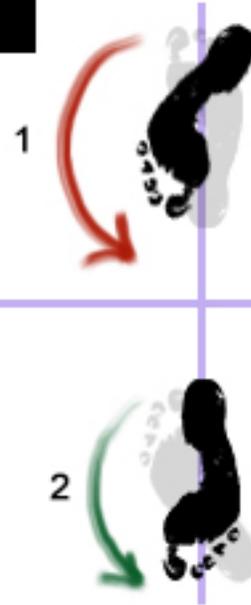
Aikikai Aikido San Miguel de Allende

Ashi Sabaki para Shiho Giri

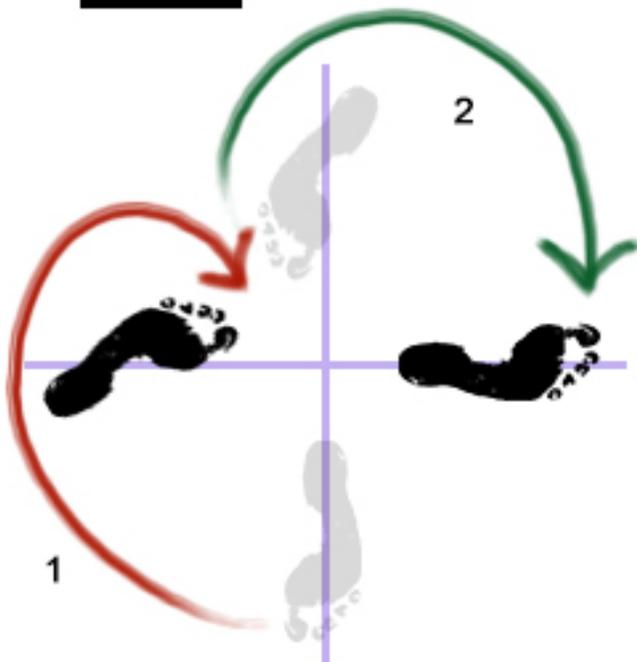
Paso 1
Norte



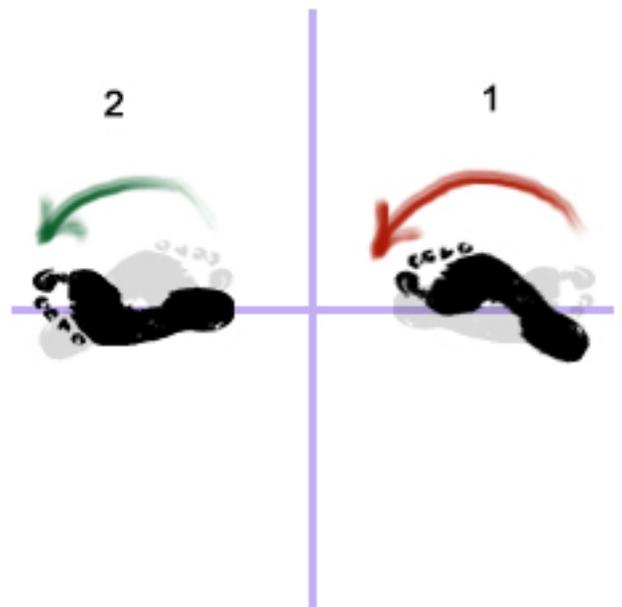
Paso 2
Sur



Paso 3
Este



Paso 4
Oeste

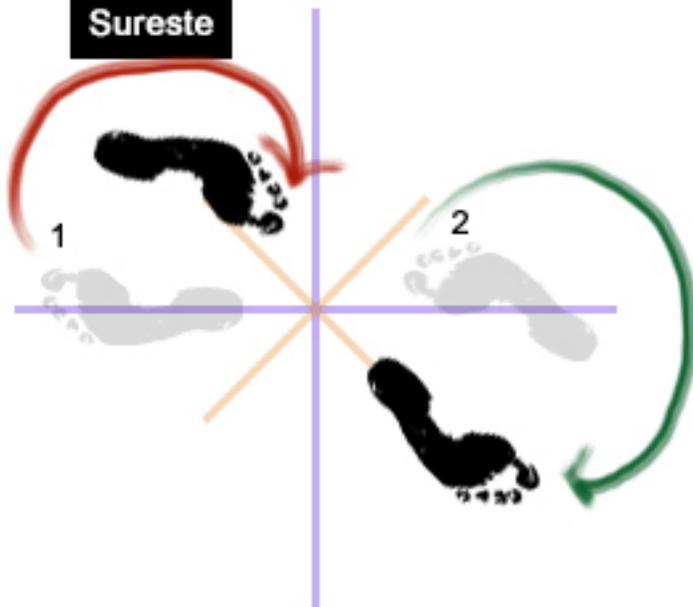




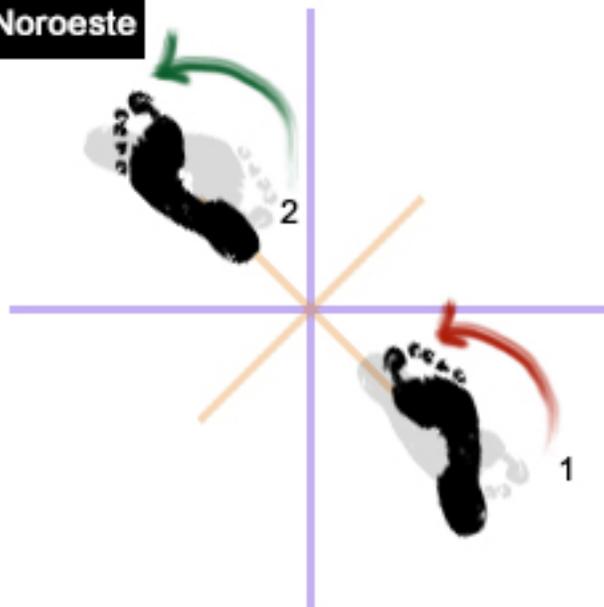
Ashi Sabaki para Happo Giri

Ver los pasos 1 al 4 de Shiho Giri y agregar los siguientes 4 pasos.

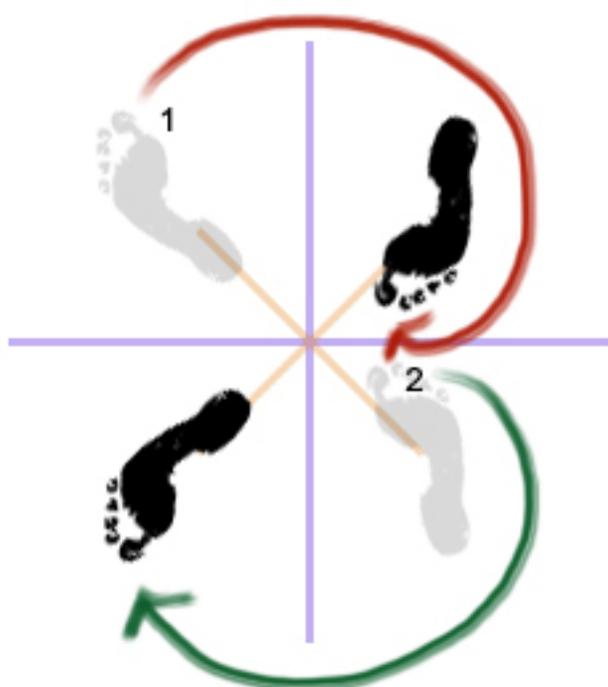
Paso 5
Sureste



Paso 6
Noroeste



Paso 7
Suroeste



Paso 8
Nordeste

