

## Ikazuchi Dojo Virtual Aikido Training

### Vol 1 No 1 with Haruo Matsuoka #10588, © 2003

**Intermediate Aikido.** In this class, Matsuoka Sensei demonstrates a number of yokomenuchi techniques including kotegaeshi, sankyo, shihonage, and kokyunage.

Chapter index;

- |  |                             |
|--|-----------------------------|
| 1. Beginning/Yokomenuchi hand movement | 7. Instruction: James Young |
| 2. Yokomenuchi Shihonage               | 8. Instruction: Kent Lane   |
| 3. Instruction: Melissa Burton         | 9. Instruction: Sumit Gupta |
| 4. Yokomenuchi Sankyo                  | 10. Yokomenuchi Kotegaeshi  |
| 5. Yokomenuchi Kokyunage               | 11. Kokyu Dosa              |
| 6. Instruction: Peter Chun             | 12. Ending                  |

**Intermediate Aikido.** Matsuoka Sensei begins this class by demonstrating a number of techniques from ushiro attacks. Sensei shares a wide variety of techniques and shows how the same basic movements can be utilized to execute a number of different techniques.

Chapter index;

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1. Beginning                  | 7. Instruction: Sumit Gupta     |
| 2. Ushiro Tekubidori Jiyuwaza | 8. Ushiro Kubishime Koshinage   |
| 3. Ushiro Tekubidori Ikkyo    | 9. Ushiro Kubishime Jujinaga    |
| 4. Instruction: Zoran Belie   | 10. Instruction: Melissa Burton |
| 5. Instruction: Sam Okuno     | 11. Ending                      |
| 6. Ushiro Kubishime Kokyunage |                                 |

**Advanced Aikido.** In this class, Matsuoka Sensei leads a number of senior students through randori training exercises. Sensei uses this opportunity to share randori basics with a number of his students as they prepare for their upcoming dan tests.

Chapter index;

- |                               |                                       |
|-------------------------------|---------------------------------------|
| 1. Beginning/Randori Exercise | 7. Randori: Sumit Gupta               |
| 2. Randori: Wes Watkins       | 8. Randori: Chris Jones               |
| 3. Instruction: Wes Watkins   | 9. Randori: Thai Sam                  |
| 4. Randori: Chuck Holland     | 10. Randori: Daisuke Aoyagi           |
| 5. Instruction: Wes Watkins   | 11. Randori Exercise: Matsuoka Sensei |
| 6. Randori: James Young       | 12. Randori: Melissa Burton           |

## Ikazuchi Dojo Video Descriptions

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|----------------------------|------------------------------|
| 13. Randori: Sam Okuno     | 19. Instruction: Wes Watkins |
| 14. Instruction: Sam Okuno | 20. Randori: James Young     |
| 15. Randori: Eddy Olandj   | 21. Randori: Steave Chen     |
| 16. Randori: Dave Nemetz   | 22. Instruction: James Young |
| 17. Randori: Steave Chen   | 23. Randori: Thai Sam        |
| 18. Randori: Wes Watkins   | 24. Ending                   |

### Special Features

- Aiki Expo 2003: Matsuoka Sensei gives his thoughts and impressions of the 2003 Aiki Expo event held in Las Vegas. This short filmed interview includes footage of Sensei and his ukes preparing for the demonstration.
- Calendar of Events
- Photo Gallery: April 2003 Kyu Test.
- Aikido Terminology
- Credits

### **Vol 1 No 2 with Haruo Matsuoka #10589, © 2003**

**Beginning Aikido.** In this class, Matsuoka Sensei focuses on polishing details of a few basic techniques and movements. Sensei's review of shikko and shomenuchi ikkyo should prove valuable for beginning students and will give more advanced students the opportunity to revisit the details of these important basic movements.

#### Chapter index;

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1. Beginning                    | 7. Kosadori Shihonage           |
| 2. Shikko Practice              | 8. Instruction: Birte Feld      |
| 3. Shomenuchi Ikkyo (sitting)   | 9. Instruction: Stephen Hodgens |
| 4. Instruction: Stephen Hodgens | 10. Kokyu Dosa                  |
| 5. Instruction: Birte Feld      | 11. Instruction: Birte Feld     |
| 6. Instruction: George DeYoung  | 12. Ending                      |

**Intermediate Aikido.** In this class, Sensei demonstrates a number of techniques from munedori (grab or push) attacks. Note how many techniques can be created using the same basic movements. This class was filmed after the Nov. 16th Dan Test so you will see Wes Watkins wearing a black belt and hakama.

#### Chapter index;

- |                                |                           |
|--------------------------------|---------------------------|
| 1. Beginning                   | 4. Munedori Kaiten-nage   |
| 2. Munedori Tenkan             | 5. Instruction: Jeff Gros |
| 3. Instruction: Christine Ames | 6. Munedori Kaiten-nage   |

## Ikazuchi Dojo Video Descriptions

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 7. Munedori Sumi-otoshi          | 14. Instruction: Kan Tateno       |
| 8. Instruction: Kan Tateno       | 15. Mundedori Ikkyo and Kokyunage |
| 9. Instruction: Pooja Reedy      | 16. Munedori Kotegaeshi           |
| 10. Munedori Sumi-otoshi         | 17. Kokyu-dosa                    |
| 11. Munedori Kokyunage           | 18. Instruction: Kan Tateno       |
| 12. Instruction: Brando Balarezo | 19. Ending                        |
| 13. Instruction: Kan Tateno      |                                   |

**Advanced Aikido (October 2003).** Matsuoka Sensei used this class to focus on randori training for those taking the dan test. While Sensei's demonstrations are limited in this class, you can see the level of difficulty and intensity involved in randori practice as the students deal with three simultaneous attackers.

### Chapter index;

- |                              |                           |
|------------------------------|---------------------------|
| 1. Beginning                 | 8. Randori: James Young   |
| 2. Munedori Kokyunage        | 9. Randori: David Bunnell |
| 3. Kokyunage Form Practice   | 10. Randori: Thai Sam     |
| 4. Dan Test Randori Training | 11. Randori: Steave Chen  |
| 5. Randori: Wes Watkins      | 12. Randori: Thai Sam     |
| 6. Instruction: Wes Watkins  | 13. Ending                |
| 7. Randori: Wes Watkins      |                           |

### Special Features

- Dan Test: Interview with Matsuoka Sensei: Matsuoka Sensei and some of his senior students share their thoughts on a recent black belt test. Includes excerpts from the 2003 dan test.
- Photo gallery of the 2003 dan test. Photos by William Chiu.
- Friendship Seminar: Photo Gallery: Photo gallery of the November 2003
- Calendar of Events
- Aikido Terminology

### **Vol 2 No 1 with Haruo Matsuoka #10590, © 2004**

This DVD focuses on the relationship between Aikido and Kenjutsu (sword techniques). In this class, Sensei shows selected sword postures, strikes, and kumitachi (paired training) exercises.

**Kenjutsu Class.** This DVD focuses on the relationship between Aikido and Kenjutsu (sword techniques). In this class, Sensei shows selected sword postures, strikes, and kumitachi (paired training) exercises. Look for similarities between the sword movements practiced in this class and the empty handed techniques demonstrated in the other Aikido classes on this DVD.

## Ikazuchi Dojo Video Descriptions

### Chapter index;

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 1. Beginning                          | 9. Instruction: Melissa Burton  |
| 2. Chudan Posture: Breathing Exercise | 10. Instruction (General)       |
| 3. Jodan Posture: Shomenuchi cut      | 11. Kunitachi Exercise: Step 2  |
| 4. Kunitachi Exercise: Step 1         | 12. Kunitachi Exercise: Step 3  |
| 5. Instruction: Sumit Gupta           | 13. Kunitachi Exercise: Step 3  |
| 6. Instruction: Melissa Burton        | 14. Instruction: Melissa Burton |
| 7. Kunitachi Exercise: Step 2         | 15. Chudan: Breathing Exercise  |
| 8. Kunitachi Exercise: Step 2         | 16. Ending                      |

**Intermediate Aikido.** Matsuoka Sensei uses this class to focus on hand movements and techniques from tsuki (punch) attacks. Note how the hand movements and footwork relate to the movements shown in the kenjutsu class.

### Chapter index;

- |                                |                                |
|--------------------------------|--------------------------------|
| 1. Beginning                   | 10. Tsuki Hand Movement        |
| 2. Tsuki Hand Movement         | 11. Instruction: Sam Okono     |
| 3. Tsuki Hand Movement         | 12. Instruction: James Young   |
| 4. Tsuki Kubishime             | 13. Instruction: Ken Kobayashi |
| 5. Instruction: Daisuke Aoyagi | 14. Tsuki Kotegaeshi           |
| 6. Tsuki Kubishime             | 15. Instruction: Sumit Gupta   |
| 7. Instruction: Daisuke Aoyagi | 16. Kokyu-dosa                 |
| 8. Tsuki Sayunage              | 17. Ending                     |
| 9. Instruction: Ken Kobayashi  |                                |

**Advanced Aikido.** In this class, Sensei demonstrates how the sword can be used as a tool for understanding and learning proper distance and timing in a randori (multiple attacker) situation.

### Chapter index;

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1. Beginning                    | 8. Instruction: Heindrick Yu    |
| 2. Randori Exercise             | 9. Kokyu-nage Form              |
| 3. Instruction: Melissa Burton  | 10. Munedori Kokyu-nage         |
| 4. Instruction: Sumit Gupta     | 11. Instruction: Melissa Burton |
| 5. Instruction: Heindrick Yu    | 12. Instruction: Peter Chun     |
| 6. Randori Exercise             | 13. Ending                      |
| 7. Instruction: Eric de Valpine |                                 |

Special Features

- **Aikido and the Sword:** In this interview, Matsuoka Sensei discusses the relationship between Aikido and the sword. He also discusses how sword training can enhance a practitioner's Aikido at both a basic and advanced level.
- **Historical Video:** This brief black and white video shows Matsuoka Sensei teaching class at Tenshin Dojo in Osaka Japan. This is the dojo where Matsuoka Sensei began his training in 1976. He continued to train and teach there until he moved to the US in 1983. Sensei was 25 years old when this video was filmed.
- Calendar of Events
- Aikido Terminology

**Vol 2 No 2 with Haruo Matsuoka #10591, © 2004**

In this class, Matsuoka Sensei shows how to apply the basic principles of *irimi* (entering) and *tenkan* (turning) to a variety of techniques from a *munedori* attack. Movements shown include *nikyo*, *sankyo*, and a finger control technique.

**Intermediate Aikido.** In this class, Matsuoka Sensei shows how to apply the basic principles of *irimi* (entering) and *tenkan* (turning) to a variety of techniques from a *munedori* attack. Movements shown include *nikyo*, *sankyo*, and a finger control technique.

Chapter index;

- |                              |                                 |
|------------------------------|---------------------------------|
| 1. Beginning                 | 8. Instruction: Peter Chun      |
| 2. Irimi exercise            | 9. Munedori Yubidori            |
| 3. Irimi exercise            | 10. Instruction: Pooja Reddy    |
| 4. Instruction: Sumit Gupta  | 11. Munedori Sankyo (variation) |
| 5. Munedori Nikyo Ura        | 12. Instruction: Pooja Reddy    |
| 6. Instruction: Brandon Choi | 13. Kokyu-dosa                  |
| 7. Munedori Nikyo Ura        | 14. Ending                      |

**Intermediate Aikido.** Matsuoka Sensei uses this class to highlight the importance of shoulder relaxation and the coordination of hand movements with the *hara* (center). Sensei shows the application of this principle in a wide variety of techniques.

Chapter index;

- |                               |                                 |
|-------------------------------|---------------------------------|
| 1. Beginning                  | 8. Instruction: Melissa Burton  |
| 2. Ryotedori Tenshinage       | 9. Ryotedori Sumi-otoshi        |
| 3. Instruction: Wes Watkins   | 10. Instruction: Melissa Burton |
| 4. Instruction: Chrisine Ames | 11. Instruction: Melissa Burton |
| 5. Ryotedori Tenshinage       | 12. Kokyu-dosa                  |
| 6. Instruction: Zorie Barber  | 13. Instruction: Wes Watkins    |
| 7. Katatedori Sayu-nage       | 14. Ending                      |

**Advanced Aikido.** In this class, Sensei demonstrates how the sword can be used as a tool for understanding and learning proper distance and timing in a *randori* (multiple attacker) situation. Sensei uses a sword drawing exercise to illustrate these concepts in this class.

Chapter index;

- |                                |                               |
|--------------------------------|-------------------------------|
| 1. Beginning                   | 9. Randori Exercise           |
| 2. Maai (Distance) Exercise    | 10. Randori Exercise          |
| 3. Instruction: Wes Watkins    | 11. Bokken Exercise           |
| 4. Instruction: Brandon Choi   | 12. Instruction: Brandon Choi |
| 5. Instruction: Daisuke Aoyagi | 13. Kunitachi Exercise        |
| 6. Instruction: James Young    | 14. Randori Exercise          |
| 7. Randori Exercise            | 15. Ending                    |
| 8. Instruction: Randori        |                               |

Special Features

- Historical Video: Matsuoka Sensei Demon, 1994. Sensei performed this demonstration at the grand opening of Kent Moyer's Karate Dojo in Los Angeles, CA in 1994. Although the source video quality is less than ideal, the demonstration contains an excellent example of how to perform randori in an extremely small space. Ukes are Carlos Gonzalez, Steve Palmer, and Eddy Olandj.
- Historical Photos: 1982-1988. Photo gallery with narration. Matsuoka Sensei shares and comments on a number of historical photos including pictures from his going away party in Osaka Japan, when he left for America in 1983, and pictures from Abe Sensei's visit to Tenshin Dojo in 1984.
- Calendar of Events
- Aikido Terminology
- Credits

### **Vol 2 No 3 with Haruo Matsuoka #10592, © 2004**

Includes coverage of three classes instructed by Matsuoka and bonus features of a Japan trip in 2004.

**Beginning Aikido.** In this class, Matsuoka Sensei focuses on a single technique - *sayunage*. In addition to showing how to apply *sayunage* from a number of different attacks, Sensei reviews a number of basic hand movements and footwork exercises that are critical to proper understanding of the technique.

Chapter index;

- |                      |                              |
|----------------------|------------------------------|
| 1. Beginning         | 3. Katatedori Tenkan         |
| 2. Katatedori Tenkan | 4. Instruction: Heindrick Yu |

## Ikazuchi Dojo Video Descriptions

5. Irimi Hand Movement
6. Instruction: Kent Lane
7. Instruction: Wes Watkins
8. Irimi Hand Movement
9. Katatedori Sayu-nage
10. Katatedori Sayu-nage
11. Instruction: Sam Okuno
12. Katatedori Sayu-nage
13. Tsuki Sayunage
14. Footwork Exercise (side step)
15. Katatedori Sayu-nage
16. Instruction: Daisuke Aoyagi
17. Ending

**Intermediate Aikido.** Matsuoka Sensei uses this class to demonstrate how sword movements are related to empty handed techniques such as *nikyo* and *iriminage*. Sensei finishes the class with *jiyuwaza* practice and *kokyu-dosa*.

Chapter index;

1. Beginning
2. Kosadori Nikyo
3. Instruction: Chris Jones
4. Shomenuchi Nikyo
5. Instruction: Jerry Folwell
6. Instruction: Heindrick Yu
7. Irimi Exercise (Hand Movement)
8. Instruction: Jeff Gros
9. Shomenuchi Irimi-nage (Ura)
10. Instruction: Jeff Gros
11. Hand Movement: Exercise
12. Yokomenuchi Nikyo
13. Instruction: Heindrick Yu
14. Kosadori (Jiyu-waza)
15. Kokyu-dosa
16. Ending

**Intermediate Aikido.** In this class, Sensei demonstrates a number of techniques from *ushiro tekubidori* (grabs from behind). Note how Sensei uses the same initial movements to transition to many different techniques including *kokyu-nage*, *kotegaeshi*, and *sankyo*.

Chapter index;

1. Beginning
2. Ushiro Tekubidori Kokyu-nage
3. Instruction: Lester Sapitula
4. Ushiro Tekubidori Kokyu-nage
5. Ushiro Tekubidori Kotegaeshi
6. Instruction: Wes Watkins
7. Ushiro Tekubidori Shihonage
8. Instruction: Chris Jones
9. Instruction: Lester Sapitula
10. Ushiro Tekubidori (Jiyu-waza)
11. Kokyu-dosa
12. Ending

Special Features

- Japan Tour 2004 Photo Gallery - Landscapes
- Japan Tour 2004 Photo Gallery - People
- Calendar of Events

- Aikido Terminology
- Credits

**Vol 2 No 4 with Haruo Matsuoka #10593, © 2004**

Includes coverage of 3 classes taught by Matsuoka and 2 rare historical videos.

**Sword class.** In this class Matsuoka Sensei teaches basic *kenjutsu* (sword) movements and strikes. Emphasis is placed on highlighting proper hand and body movements for sword practice and illustration of how those movements apply to empty handed Aikido techniques.

Chapter index;

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 1. Beginning                    | 8. Sword Kunitachi                |
| 2. Movement and Posture         | 9. Instruction: Jeff Gros         |
| 3. Shomenuchi Cut               | 10. Instruction: Ron Brazil       |
| 4. Shomenuchi Cut               | 11. Sword Kunitachi (Ukenegaeshi) |
| 5. Shomenuchi Cut (from Chudan) | 12. Instruction: Rick Gros        |
| 6. Shomenuchi Cut (from Chudan) | 13. Sword Kunitachi (Ukenegaeshi) |
| 7. Shomenuchi Cut               | 14. Ending                        |

**Jo class.** Matsuoka Sensei leads a class focused on the use of the *jo* (short staff). Sensei demonstrates basic *jo* strikes, a *jo kata*, and a number of *kunitachi* (paired training) exercises. Matsuoka Sensei again emphasizes how basic *jo* movements apply to empty handed Aikido techniques.

Chapter index;

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1. Beginning                     | 11. Instruction: Tatiana Krasieva |
| 2. General Instruction: Tsuki    | 12. Jo Exercise: Kata Practice    |
| 3. General Instruction: Tsuki    | 13. Jo Kunitachi                  |
| 4. Instruction: Tatiana Krasieva | 14. Jo Kunitachi (Irimi)          |
| 5. Instruction: 4 Corner Strike  | 15. Instruction: Melissa Burton   |
| 6. Instruction: Steve Augustine  | 16. Instruction: Tatiana Krasieva |
| 7. Instruction: Melissa Burton   | 17. Jo Kunitachi (Irimi)          |
| 8. Jo Instruction: Kata          | 18. Jo Movement Exercise          |
| 9. Jo Kunitachi                  | 19. Ending                        |
| 10. Instruction: Melissa Burton  |                                   |

**Te-sabaki class.** In this class Matsuoka Sensei demonstrates how to apply sword movements to Aikido *te-sabaki* (hand movements). Sensei shows how these sword based hand movements can be used in a variety of scenarios, with emphasis on applicability to multiple attacker scenarios.

Chapter index;

## Ikazuchi Dojo Video Descriptions

1. Beginning
2. Te-sabaki Exercise
3. Te-sabaki Exercise
4. Instruction: Daisuke Aoyagi
5. General Instruction: Te-sabaki
6. Instruction: Samuel Okuno
7. Randori Application: Te-sabaki
8. Instruction: Brando Choi
9. Te-sabaki Exercise: Shomenuchi
10. General Instruction: Kokyunage
11. Munedori Jiyuwaza
12. Furitama Exercise
13. Ending

### Special features

- Q & A with HARuo Matsuoka Sensei
- Historical video: Moscow demo (1988)
- Historical video: Osu Festival demo (1992)
- Calendar of Events
- Aikido Terminology
- Credits

### **Vol 3 No 1 with Haruo Matsuoka #10594, © 2005**

Includes coverage of 3 classes taught by Matsuoka on the subject of Ikkyo. Also includes 2 historical videos.

**Beginning Ikkyo.** In this DVD, Matsuoka Sensei focuses on Ikkyo techniques. This class demonstrates the underlying fundamentals from a static position, and is designed to help students understand the basics of Ikkyo based techniques.

#### Chapter index;

1. Beginning
2. Kosadori Ikkyo
3. Instruction: Amanda Szucsik
4. Instruction: Todd Porter
5. Instruction: Steve Hodgens
6. Kosadori Ikkyo (sitting)
7. Instruction: Jerry Folwell
8. Instruction: Chris Jones
9. Instruction: Birte Feld
10. Kosadori Ikkyo-ura
11. Instruction: Tatiana Krasieva
12. Instruction: Amanda Szucsik
13. Instruction: Brandon Choi
14. Exercise: Menuchi-undo
15. Ending

**Intermediate Ikkyo.** In this class, Matsuoka Sensei demonstrates additional Ikkyo techniques including applications from katatedori, kosadori, ushiro and yokomenuchi attacks. Omote and ura variations are shown as variants for most movements.

#### Chapter index;

## Ikazuchi Dojo Video Descriptions

1. Beginning
2. Katatedori Ikkyo
3. Instruction: Anna Wang
4. Katatedori Ikkyo (ura)
5. Instruction: Daniel Massaguer
6. Instruction: Rie Honda
7. Katatedori Ikkyo (footwork)
8. Instruction: Sam Okuno
9. Instruction: Daniel Massaguer
10. Kosadori Ikkyo (ura)
11. Instruction: Brandon Choi
12. Kosadori Ikkyo (ura)
13. Instruction: Wes Watkins
14. Instruction: Brandon Choi
15. Instruction: James Young
16. Instruction: Sam Okuno
17. Instruction: Peter Chun
18. Yokomenuchi Ikkyo (ura)
19. Yokomenuchi Ikkyo (ura)
20. Instruction: Wes Watkins
21. Ushiro Tekubidori Ikkyo
22. Instruction: Wes Watkins
23. Instruction: Tatiana Krasieva
24. Instruction: Todd Porter
25. Ending

**Advanced Ikkyo.** In this class, Matsuoka Sensei shows a series of *Ikkyo* based techniques and movements from more challenging attack scenarios including *shomenuchi* strikes, *munedori*, and *morotedori* grabs. Most techniques are shown from sitting and standing positions.

### Chapter index;

1. Beginning
2. Hand Movement Exercise
3. Hand Movement (sitting)
4. Instruction: Wes Watkins
5. Instruction: Melissa Burton
6. Instruction: Sam Okuno
7. Munedori Ikkyo (sitting)
8. Instruction: Sam Okuno
9. Instruction: Lester Sapitula
10. Instruction: Heindrick Yu
11. Instruction: Daisuke Aoyagi
12. Instruction: Wes Watkins
13. Munedori Ikkyo
14. Instruction: Heindrick Yu
15. Instruction: Eddie Olandj
16. Instruction: Sam Okuno
17. Instruction: Wes Watkins
18. Morotedori Ikkyo (sitting)
19. Instruction: Eddie Olandj
20. Instruction: Jerry Folwell
21. Instruction: Lester Sapitula
22. Exercise: Ikkyo Footwork
23. Ending

### Special features;

- Historical video: Tenshin Dojo (1988)
- Photo Gallery: Ikazuchi dojo (2004)
- Dojo events

**Vol 3 No 2 with Haruo Matsuoka #11202, © 2005**

**Beginning Nikkyo.**

In this DVD, Matsuoka Sensei focuses on *Nikyo* techniques. This class demonstrates the underlying fundamentals of *nikyo* form a basic *kosadori* grab. Variations are show from sitting and standing executed using both *omote* and *ura* techniques.

Chapter index;

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1. Beginning                   | 10. Instruction: Daisuke Aoyagi |
| 2. Kosadori Nikyo (omote)      | 11. Instruction: Josh Gold      |
| 3. Kosadori Nikyo (omote)      | 12. Instruction: James Young    |
| 4. Instruction: Peter Chun     | 13. Katedori Nikyo (ura)        |
| 5. Instruction: Amanda Szucsik | 14. Instruction: Birte Feld     |
| 6. Kosadori Nikyo (omote)      | 15. Kosadori Nikyo              |
| 7. Instruction: Daisuke Aoyagi | 16. Instruction: Jerry Folwell  |
| 8. Kosadori Nikyo (ura)        | 17. Instruction: Anna Wang      |
| 9. Instruction: Melissa Burton | 18. Ending                      |

**Intermediate Nikkyo.**

In this class, Mastuoka Sensei demonstrates additional *Nikyo* techniques including applications from *katatedori*, *munedori* and *ushiro* attacks. *Omote* and *ura* variations are shown for many movements.

Chapter index;

- |                                |                                   |
|--------------------------------|-----------------------------------|
| 1. Beginning                   | 11. Instruction: Josh Gold        |
| 2. Katedori Niyo (ura)         | 12. Instruction: Melissa Burton   |
| 3. Instruction: Raul Terrado   | 13. Instruction: Raul Terrado     |
| 4. Katatedori Nikyo (ura)      | 14. Instruction: Hiroko Hibata    |
| 5. Instruction: Hiroko Hibata  | 15. Ushiro Tekubitori Nikyo (ura) |
| 6. Munedori Nikyo              | 16. Instruction: Hiroko Hibata    |
| 7. Instruction: Raul Terrado   | 17. Kosadori Nikyo (ura)          |
| 8. Instruction: Heindrick Yu   | 18. Instruction: Eddy Olandj      |
| 9. Instruction: Daisuke Aoyagi | 19. Ending                        |
| 10. Instruction: Brandon Choi  |                                   |

**Advanced Nikkyo.**

In this class, Matsuoka Sensei shows a series of fast and efficient Nikyo based techniques and movements from a variety of attack scenarios including katatedori and munedori grabs as well as yokomenuchi strikes.

Chapter index;

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1. Beginning                   | 11. Munedori Nikyo (ura)        |
| 2. Katedori Niyo               | 12. Instruction: Sven Thilo     |
| 3. Instruction: Raul Terrado   | 13. Instruction: Melissa Burton |
| 4. Instruction: Jerry Folwell  | 14. Instruction: Daisuke Aoyagi |
| 5. Instruction: Daisuke Aoyagi | 15. Instruction: Melissa Burton |
| 6. Instruction: Melissa Burton | 16. Instruction: Daisuke Aoyagi |
| 7. Instruction: Sven Thilo     | 17. Yokomenuchi Nikyo (ura)     |
| 8. Katedori Nikyo              | 18. Instruction: Raul Terrado   |
| 9. Katedori Nikyo (ura)        | 19. Ending                      |
| 10. Instruction: Raul Terrado  |                                 |

Special features;

- Historical video - Santa Barbara 1990
- Doshinokai Kyu test requirements
- Dojo events

**Vol 3 No 3 with Haruo Matsuoka #11203, © 2005**

In this instructional DVD, Haruo Matsuoka instructs beginning, intermediate, and advanced sankyo.

**Beginning Aikido: Sankyo.** In this DVD, Matsuoka Sensei focuses on Sankyo techniques. The class demonstrates the underlying fundamentals of sankyo from basic attacks. Variations are show from sitting and standing positions.

Chapter index;

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1. Beginning                     | 9. Instruction: Dean McKee      |
| 2. Katatedori Sankyo (sitting)   | 10. Instruction: Birte Feld     |
| 3. Instruction: Sam Okuno        | 11. Instruction: Hiroko Hibata  |
| 4. Instruction: Tatiana Krasieva | 12. Instruction: Jeff Gross     |
| 5. Instruction: Dean Inada       | 13. Kosadori Sankyo             |
| 6. Instruction: Bob Hutchinson   | 14. Instruction: Hiroko Hibata  |
| 7. Katatedori Sankyo (sitting)   | 15. Kosadori Sankyo (variation) |
| 8. Instruction: Melissa Burton   | 16. Instruction: Amanda Szucsik |

## Ikazuchi Dojo Video Descriptions

- |  |                             |
|--|-----------------------------|
| 17. Kosadori Sankyo (sitting)            | 20. Instruction: Sven Thilo |
| 18. Kosadori Sankyo (sitting, variation) | 21. Instruction: Peter Chun |
| 19. Instruction: Daisuke Aoyagi          | 22. Ending                  |

**Intermediate Aikido: Sankyo.** In this class, Matsuoka Sensei demonstrates additional Sankyo techniques including applications from katatedori, munedori and ushiro attacks. Ura variations are shown for many applications.

Chapter index;

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1. Beginning                       | 12. Instruction: Jerry Folwell   |
| 2. Shomenuchi Sankyo               | 13. Instruction: Eddy Olandj     |
| 3. Instruction: Peter Chun         | 14. Instruction: James Young     |
| 4. Munedori Sankyo                 | 15. Instruction: Sven Thilo      |
| 5. Instruction: Raul Terrado       | 16. Instruction: Jerry Folwell   |
| 6. Instruction: Sven Thilo         | 17. Munedori Sankyo              |
| 7. Instruction: Wes Watkins        | 18. Instruction: Brando Balarezo |
| 8. Instruction: Ron Brazil         | 19. Instruction: Wes Watkins     |
| 9. Instruction: Travis Chamberlain | 20. Ushiro Tekbidori Sankyo      |
| 10. Katatedori Sankyo              | 21. Instruction: Wes Watkins     |
| 11. Instruction: Chris Jones       | 22. Ending                       |

**Advanced Aikido: Sankyo.** In this class, Matsuoka Sensei shows a series of Sankyo based techniques and movements from a variety of attack scenarios including katatedori and munedori grabs. Sensei also show how to transition from a finder control technique into sankyo. (note: incorrectly listed as *Advanced Aikido: Nikyo* on the DVD's class menu screen.)

Chapter index;

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1. Beginning                    | 12. Munedori Sankyo             |
| 2. Munedori Sankyo              | 13. Muneori Sankyo              |
| 3. Instruction: Thai Sam        | 14. Instruction: Thierry Body   |
| 4. Instruction: Daisuke Aoyagi  | 15. Instruction: Toshi Asaka    |
| 5. Instruction: Jeff Gros       | 16. Instruction: Toshi Asaka    |
| 6. Instruction: Thierry Body    | 17. Yokomenuchi Sankyo          |
| 7. Instruction: Eddy Olandj     | 18. Instruction: Sam Okuno      |
| 8. Katedori Sankyo              | 19. Instruction: Toshi Asaka    |
| 9. Instruction: Yegor Moskalyov | 20. Instruction: Thierry Body   |
| 10. Instruction: Melissa Burton | 21. Instruction: Daisuke Aoyagi |
| 11. Instruction: Thierry Body   | 22. Wrist Stretch               |

23. Ending

**Special Features.**

- Eddy Olandj - Randori training (commentary)
- Eddy Olandj - Randori training (raw footage)
- Doshinokai Kyu Test Requirements
- Dojo Events

**Vol 3 No 4 with Haruo Matsuoka #11427, © 2006**

In this instructional DVD, Haruo Matsuoka instructs beginning, intermediate, and advanced *yonkyo*.

**Beginning Yonkyo.** In this class, Matsuoka Sensei focuses on applying *yonkyo* to *katatedori* and *ryotedori* attacks. Emphasis is placed on the precision of the hand placement in relation to the pin. He illustrates the lesson from both sitting and standing positions.

Chapter index;

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1. Beginning                    | 11. Instruction: Sean Chin      |
| 2. Katatedori Yonkyo            | 12. Katatedori Yonkyo (sitting) |
| 3. Instruction: Birte Feld      | 13. Instruction: Daisuke Aoyagi |
| 4. Instruction: Todd Porter     | 14. Instruction: David Kenyon   |
| 5. Instruction: Sean Chin       | 15. Instruction: Amanda Szucsik |
| 6. Instruction: Melissa Burton  | 16. Instruction: Jerry Folwell  |
| 7. Ryotedori Yonkyo (sitting)   | 17. Instruction: Dean McKee     |
| 8. Instruction: Melissa Burton  | 18. Instruction: Sean Chin      |
| 9. Instruction: Wes Watkins     | 19. Ending                      |
| 10. Instruction: Amanda Szucsik |                                 |

**Intermediate Yonkyo.** In this class, Matsuoka Sensei focuses on polishing the details of a few basic *yonkyo* techniques from *katadori* and *munedori* grabs. Hand movement is emphasized in a demonstration and exercise within the class.

Chapter index;

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1. Beginning                   | 7. Instruction: Daisuke Aoyagi  |
| 2. Munedori Yonkyo             | 8. Instruction: Steven Hodgins  |
| 3. Instruction: Steven Hodgins | 9. Instruction: Raul Terrado    |
| 4. Instruction: Raul Terrado   | 10. Hand Movement Exercise      |
| 5. Munedori Yonkyo             | 11. Instruction: Daisuke Aoyagi |
| 6. Instruction: James Young    | 12. Katadori Yonkyo             |

## Ikazuchi Dojo Video Descriptions

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 13. Instruction: Chris Jones      | 17. Instruction: Daisuke Aoyagi |
| 14. Instruction: James Young      | 18. Instruction: Steven Hodgens |
| 15. Instruction: Daniel Massaguer | 19. Instruction: Wes Watkins    |
| 16. Katadori Yonkyo               | 20. Ending                      |

**Advanced Yonkyo.** In this class, Matsuoka Sensei concentrates on *yonkyo* applications to more dynamic attacks from *shomen-uchi* and *munedori* grabs. An emphasis is placed on hand movements throughout the technique. In the final lesson, he illustrates how to transition from *yonkyo* to *jijunage*.

Chapter index;

- |                                  |                                  |
|----------------------------------|----------------------------------|
| 1. Beginning                     | 12. Munedori Yonkyo (variation)  |
| 2. Shomenuchi Yonkyo (sitting)   | 13. Instruction: James Young     |
| 3. Instruction: Raul Terrado     | 14. Instruction: Raul Terrado    |
| 4. Instruction: Melissa Burton   | 15. Munedori Yonkyo              |
| 5. Instruction: Jerry Folwell    | 16. Munedori Yonkyo Jijunage     |
| 6. Munedori Yonkyo               | 17. Instruction: Eric de Valpine |
| 7. Instruction: Melissa Burton   | 18. Instruction: James Young     |
| 8. Instruction: Daniel Massaguer | 19. Instruction: Raul Terrado    |
| 9. Instruction: Jerry Folwell    | 20. Instruction: Sam Okuro       |
| 10. Instruction: Sam Okuno       | 21. Ending                       |
| 11. Instruction: James Young     |                                  |

Special features;

- 1st kyu test: Sven Thilo. This Kyu test, conducted on August 13, 2005, illustrates the requirements for the rank of ikkyu (first kyu). Techniques start from *suwari waza* and gradually progress to more dynamic situations from *tsuki*, *kaeri* and *jyu-waza*.
- Doshinokai Kyu test requirements
- Dojo Events

### Vol 3 No 5 with Haruo Matsuoka #12085, © 2006

**Beginning Aikido: Irimi.** In this class, Matsuoka focuses on *irimi* movements which is applied from *katatedori*, *munedori*, and *yokomenuchi* attacks. Emphasis is placed on body and hand movements. (Virtual Training: vol.4 Issue 1.)

Chapter index;

- |                           |                             |
|---------------------------|-----------------------------|
| 1. Beginning              | 4. Instruction: Sam Okuno   |
| 2. Katatedori Irimi       | 5. Instruction: James Young |
| 3. Instruction: Jeff Gros | 6. Katatedori Kotegaeshi    |

## Ikazuchi Dojo Video Descriptions

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 7. Instruction: Daisuke Aoyagi  | 14. Instruction: Sam Okuno      |
| 8. Munedori Sayunage            | 15. Instruction: Christine Ames |
| 9. Instruction: Sam Okuno       | 16. Instruction: Anna Wang      |
| 10. Instruction: Christine Ames | 17. Instruction: James Young    |
| 11. Instruction: Jerry Folwell  | 18. Instruction: Dean McKee     |
| 12. Instruction: Anna Wang      | 19. Instruction: Amanda Szucsik |
| 13. Yokomenuchi Irimi           | 20. Ending                      |

**Intermediate Aikido: Irimi.** In this class, Matsuoka focuses on polishing the details of *irimi* movements from *kosadori* and *katatedori* attacks. An application of combining *irimi* and *tenkan* movements is illustrated in the final lesson.

Chapter index;

- |                                |                                    |
|--------------------------------|------------------------------------|
| 1. Beginning                   | 10. Instruction: Dean Inada        |
| 2. Kosadori Otoshi             | 11. Instruction: Eric De Valpine   |
| 3. Instruction: James Young    | 12. Instruction: Daisuke Aoyagi    |
| 4. Instruction: Melissa Burton | 13. Instruction: Steve Davis       |
| 5. Instruction: Christine Ames | 14. Katatedori Kokyu-Nage          |
| 6. Kosadori Iriminage Ura      | 15. Instruction: James Young       |
| 7. Instruction: Steve Davis    | 16. Katatedori Kokyu-Nage (Tenkan) |
| 8. Instruction: Jeff Gros      | 17. Instruction: Eddie Olandj      |
| 9. Instruction: Melissa Burton | 18. Ending                         |

**Intermediate Aikido: Irimi.** In this class, Matsuoka concentrates on the combination of *irimi* and *tenkan* body movements. The techniques covered in this class are applied from sitting and standing positions.

Chapter index;

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 1. Beginning                      | 11. Irimin and Tenkan (Munedori) |
| 2. Irimi and Tenkan               | 12. Instruction: Eric de Valpine |
| 3. Munedori Sumi-otoshi (sitting) | 13. Instruction: Wes Watkins     |
| 4. Instruction: Sam Okuno         | 14. Instruction: Lorenz Marquez  |
| 5. Instruction: Eric de Valpine   | 15. Instruction: Wes Watkins     |
| 6. Instruction: Christine Ames    | 16. Irimi and Tenkan (Katatdori) |
| 7. Instruction: Amanda Szucsik    | 17. Instruction: Ron Brazil      |
| 8. Instruction: Ron Brazil        | 18. Instruction: Daisuke Aoyagi  |
| 9. Instruction: Wes Watkins       | 19. Irimi and Tenkan Exercise    |
| 10. Irimi Tenkan                  | 20. Instruction: Christine Ames  |

21. Ending

Special Features;

- Anna Wang's Pictures of Japan (2005)
- Doshinokai Kyu Test Requirements

**Vol 3 No 6 with Haruo Matsuoka #12086, © 2006**

**Beginning Aikido: Kokyu.** In this series, Matsuoka focuses on the basics of *kokyu*. It begins with the details of *kokyu dosa* and then we take a closer look at *kokyunage* from *katatedori* and *kosadori* attacks.

Chapter index;

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| 1. Beginning                    | 11. Instruction: Eric de Valpine    |
| 2. Kokyu Dosa                   | 12. Kosadori Kokyunage (tenkan)     |
| 3. Instruction: Eric de Valpine | 13. Instruction: Todd Porter        |
| 4. Instruction: Lorenz Marquez  | 14. Instruction: Jerry Folwell      |
| 5. Instruction: Amanda Szucsik  | 15. Instruction: Chris Jones        |
| 6. Instruction: Todd Porter     | 16. Kokyu Dosa                      |
| 7. Instruction: Jerry Folwell   | 17. Instruction: Daisuke Aoyagi     |
| 8. Katatedori Kokyunage         | 18. Instruction: Dean McKee         |
| 9. Instruction: Anna Wang       | 19. Instruction: Travis Chamberlain |
| 10. Instruction: Daisuke Aoyagi | 20. Ending                          |

**Intermediate Aikido: Kokyu.** In this class, Matsuoka builds on the previous lessons of *kokyu*. We start off with *kokyu dosa* and move on to more dynamic applications from *ryotedori* and *kosadori*.

Chapter index;

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1. Beginning                     | 11. Instruction: Sam Okuno      |
| 2. Kokyu Dosa                    | 12. Instruction: Jerry Folwell  |
| 3. Instruction: Birte Feld       | 13. Instruction: Jeff Gros      |
| 4. Instruction: Sam Okuno        | 14. Instruction: Jerry Folwell  |
| 5. Kosadori Otoshi (sitting)     | 15. Ryotedori Kokyunage         |
| 6. Instruction: Valentin Castelo | 16. Instruction: Sam Okuno      |
| 7. Instruction: Jerry Folwell    | 17. Instruction: Daisuke Aoyagi |
| 8. Instruction: Daniel Massaguer | 18. Instruction: Dean Inada     |
| 9. Instruction: Birte Feld       | 19. Ending                      |
| 10. Kosadori Otoshi              |                                 |

**Advanced Aikido: Kokyu.** In this class, Matsuoka uses the *bokken* as a tool to gauge distance and timing in a *randori* situation. The class concentrates on hand movements and ends with a paired *bokken* exercise (*kumitachi*).

Chapter index;

- |                                |                               |
|--------------------------------|-------------------------------|
| 1. Beginning                   | 8. Instruction Randori        |
| 2. Maai (Distance) Exercise    | 9. Randori Exercise           |
| 3. Instruction: Wes Watkins    | 10. Randori Exercise          |
| 4. Instruction: Brandon Choi   | 11. Bokken Exercise           |
| 5. Instruction: Daisuke Aoyagi | 12. Instruction: Brandon Choi |
| 6. Instruction: James Young    | 13. Kumitachi Exercise        |
| 7. Randori Exercise            | 14. Ending                    |

Special Features;

- Matsuoka Sensei Demo Montage
- Doshinokai Kyu Test Requirements

Class notes and chapter index transcribed from the DVDs by Jeremy Ahouse, September 2008.