



Aikido: Step By Step: An Expert Course On Mastering The Techniques Of This Powerful Martial Art, Shown In Over 500 Photographs

Peter Brady

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Aikido is an ancient Japanese martial art based on natural body movements and the unity of mind and body, which restrain or throw opponents by utilizing the power of their own energy. Illustrated step-by-step sequences demonstrate postures, movements, pins, falls and throws, showing both solo and paired exercises. A perfect guide for both beginners and experienced practitioners.

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