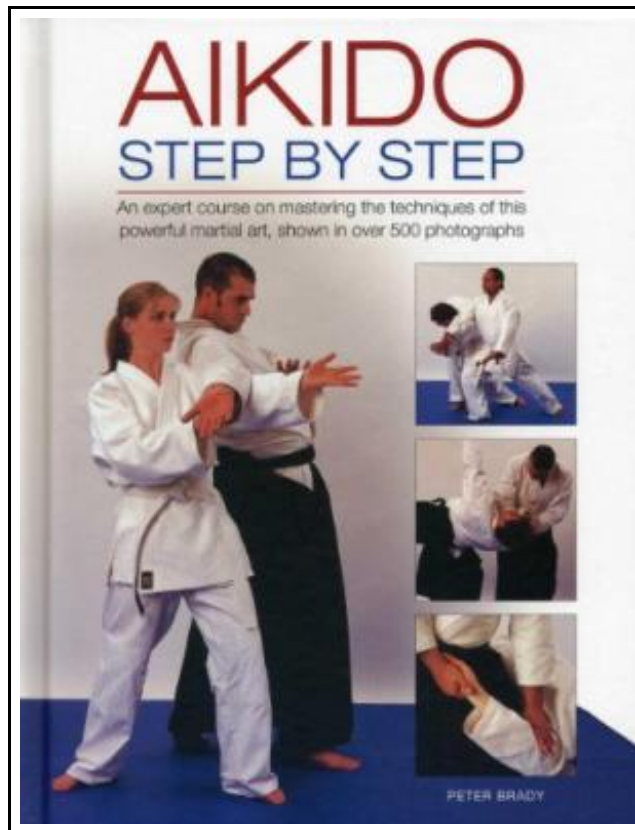


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Aikido: Step by Step: An Expert Course on Mastering the Techniques of This Powerful Martial Art, Shown in Over 500 Photographs, Peter Brady, This is a beautifully illustrated guide to the history, philosophy, practice and etiquette of this Japanese martial art, and the physical and spiritual benefits it can bring. It is a complete aikido course from beginner to advanced level, containing suitable exercises for men, women and children of all fitness levels. You can learn how to harmonize with and neutralize an opponent's attack, using their own force against them. It features illustrated step-by-step sequences that demonstrate postures, movements, pins, falls and throws, showing both solo and paired exercises. It includes over 500 photographs that show every stage of each movement in easy-to-follow stages, demonstrated by qualified experts. Aikido is a martial art developed by Japanese master Morihei Ueshiba in the early part of the 20th century. It is based on natural movements and the unity of mind and body, which combine to harmonize with the actions of an opponent and to restrain or throw them by utilizing the power of their own energy. The practice of aikido is associated with many physical and spiritual benefits; as well as controlling an opponent, it is an excellent way to develop strength, suppleness, stamina and mental and emotional harmony. This clearly presented and accessible book is a fully illustrated guide to the development, philosophy and techniques of an extraordinary art. With over 500 photographs, together with comprehensive text from one of the most respected teachers working today, this is a perfect guide for anyone beginning aikido, or for experienced practitioners who want to go further.



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