



An Open Secret: A Student s Handbook for Learning Aikido Techniques of Self Defense and Aiki Way

By Tony M Blomert

Createspace, United States, 2015. Paperback. Book Condition: New. Student. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. The martial arts are shrouded in the mystique of Asian lore and nuances. Information is well-known by experienced practitioners, but is often kept as an open secret among themselves. Aikido is a selfdefense martial art (budo) methodology established in Japan by Morihei Usehiba (O Sensei: 1883-1969), who blended his techniques and weapons experience with deeply held philosophical beliefs into what is often referred to as the art of peace. Aikido has a rich history originating to feudal period Japan, which continues today with an international fellowship of people who strive to make the world a better place by following the aiki way, and embracing the legacy of the dojo culture as a training hall and sanctuary for enlightenment. The world is in greater need than ever before to embrace the philosophy and approach of Aikido s founder O Sensei. The Aikido culture helps shape today s youth, transitions adolescents to become contributing members of society, and helps adults continue spiritual and physical self-improvement. It distinguishes itself by shunning the competitive violence spawned by the pseudo-sports popularized in...



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Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

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