

# Aikido Exercises

## FOR TEACHING AND TRAINING

*I wish I'd had a book like this one when I started teaching 25 years ago!  
A valuable resource for beginners, senior students,  
and teachers of the art.*

— George Simcox, Virginia Ki Society

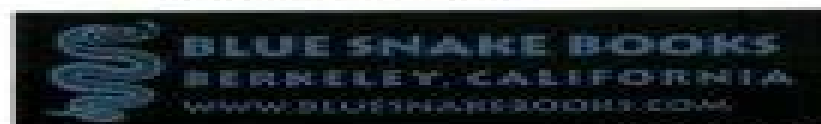
The exercises in this book are based on *ikemi-waza*, the simple building blocks that underlie the most spectacular Aikido throws. These are augmented with testing techniques, class demonstrations, and underlying basics of physics, anatomy, and psychology. Includes:

- \* Common questions and observations
- \* Relationships between exercises and throws
- \* An approach for safe mastery of rolling and ukemi skills
- \* Anatomy of wristlocks
- \* Useful tools, toys, and equipment for training and demonstration
- \* Verbal self-defense
- \* Exercises for individual off-mat practice
- \* Cross-references to classic Aikido books
- \* Books, videos, and Internet resources

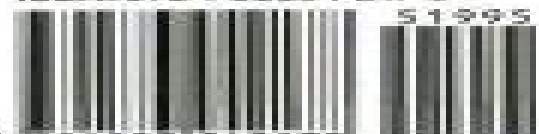
Foreword by George Simcox, with commentary, anecdotes, and exercises from teachers and students of the Ki Society, Aikikai, Tomiki, Yoshinkan, and other styles of the Aikiweb/Aikido-L world-wide cyberspace.

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# Aikido Exercises For Teaching And Training Revised Edition

**IM Harris**



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