

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

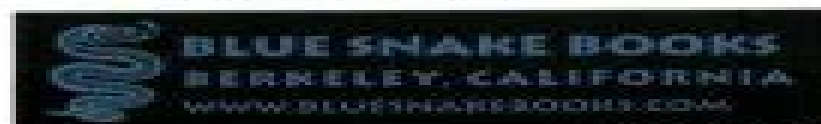
The exercises in this book are based on *ikemi-waza*, the simple building blocks that underlie the most spectacular Aikido throws. These are augmented with testing techniques, class demonstrations, and underlying basics of physics, anatomy, and psychology. Includes:

- * 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

JR Anderson



Aikido Exercises For Teaching And Training Revised Edition:

Unveiling the Magic of Words: A Review of "**Aikido Exercises For Teaching And Training Revised Edition**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Aikido Exercises For Teaching And Training Revised Edition**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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