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Aikido Complite Manual

Clifford Lane



Aikido Compite Manual:

Aikido Complete Yoshimitsu Yamada, 1969 **Ultimate Aikido** Yoshimitsu Yamada, Steven Pimsler, 1994 Due to its nonaggressive nature aikido is rapidly becoming the martial arts form most preferred by law enforcement officers Now all readers can learn valuable skills needed to thwart an attack and subdue an aggressor in *The Secrets of Police Aikido* In aikido it is preferable to move out of the way of a punch and it makes more sense to quickly take a person down rather than stand toe to toe and punch it out Readers of this book will develop a better sense of awareness and learn to control a situation by moving to positions of advantage and readiness Chapters discuss the history of aikido warm up exercises rules to keep in mind when approaching an opponent maintaining self control and techniques for handling virtually any situation a reader may face Anyone interested in the martial arts will find *The Secrets of Police Aikido* both valuable and necessary

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