

Aikido And The Dynamic Sphere: An Illustrated Introduction - Adele Westbrook

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Aikido neutralizes aggression and renders attackers harmless. By controlling body position and harmonizing their vital physical and mental powers, anyone (regardless of size, strength or weight) can fend off attacks using this sophisticated martial art. This classic text reveals the secrets which enable the stunning control practiced in Aikido. Author: Westbrook, Adele Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Aikido and the Dynamic Sphere: An Illustrated Introduction Pages: 00384 (Encrypted EPUB) On Sale: 2012-10-16 SKU-13/ISBN: 9780804832847 Category: Sports & Recreation : Martial Arts & Self-Defense

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