

Advanced Aikido - , Lynn Seiser

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Aikido, while uniquely beautiful among the martial arts, is also deceptively powerful, effective, and efficient. Dedicated practitioners know that advanced training means not only striving to master techniques, but also developing a deeper understanding of the history, philosophy and concepts at the core of this martial art. In Advanced Aikido, Phong Thong Dang and Lynn Seiser present an in-depth look at the complete art of Aikido, from the underlying theories that drive the techniques and strategies to advice on mastering the throws and locks fundamental to the art. With over 400 illustrations and detailed instructions from one of the leading teachers in the field, even the most experienced practitioners can benefit from the lessons in this book. Author: Dang, Phong Thong Author: Seiser, Lynn Publisher: Tuttle Publishing Illustration: N Language: ENG Title: Advanced Aikido Pages: 00224 (Encrypted EPUB) On Sale: 2012-10-20 SKU-13/ISBN: 9780804837859 Category: Sports & Recreation : Martial Arts & Self-Defense

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