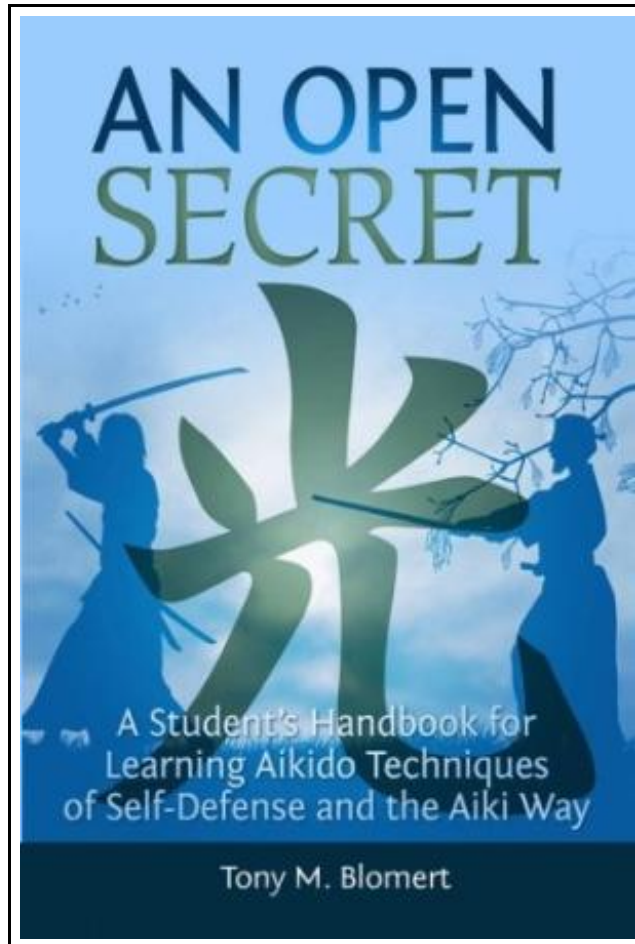


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## **AN OPEN SECRET: A STUDENT S HANDBOOK FOR LEARNING AIKIDO TECHNIQUES OF SELF DEFENSE AND AIKI WAY (PAPERBACK)**




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Createspace, United States, 2015. Paperback. Book Condition: New. Student. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The martial arts are shrouded in the mystique of Asian lore and nuances. Information is well-known by experienced practitioners, but is often kept as an open secret among themselves. Aikido is a self-defense martial art (budo) methodology established in Japan by Morihei Ueshiba (O Sensei: 1883-1969), who blended his techniques and weapons experience with deeply held philosophical beliefs into what is often referred to as the art of peace. Aikido has a rich history originating to feudal period Japan, which continues today with an international fellowship of people who strive to make the world a better place by following the aiki way, and embracing the legacy of the dojo culture as a training hall and sanctuary for enlightenment. The world is in greater need than ever before to embrace the philosophy and approach of Aikido s founder O Sensei. The Aikido culture helps shape today s youth, transitions adolescents to become contributing members of society, and helps adults continue spiritual and physical self-improvement. It distinguishes itself by shunning the competitive violence spawned by the pseudo-sports popularized in televised cage fighting, street-style brawling, and computer videogames (although Aikido is highly recognized as a headline program at the World Combat Games). An Open Secret solves the mystery of Aikido training by revealing factual truths, historical reasoning, and detailed explanations required of all Aikido students. It also takes an in-depth look at the common and unique practices all Aikidoka (practitioners of Aikido); the background of Aikido s rich history as buido (self-defense martial art); a current assessment of the art s international status; and an overview of various sub-styles in the 21st century. A true buido, Aikido is an extremely...

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