

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

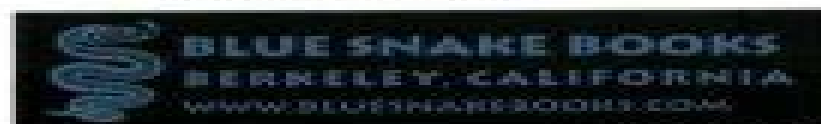
The exercises in this book are based on *ikemi-waza*, the simple building blocks that underlie the most spectacular Aikido throws. These are augmented with testing techniques, class demonstrations, and underlying basics of physics, anatomy, and psychology. Includes:

- * 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

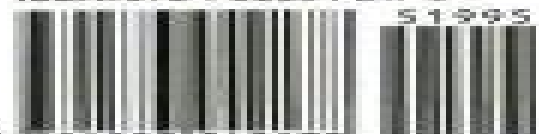
Foreword by George Simcox, with commentary, anecdotes, and exercises from teachers and students of the Ki Society, Aikikai, Tomiki, Yoshinkan, and other styles of the Aikiweb/Aikido-L world-wide cyberspace.

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Aikido Exercises For Teaching And Training Revised Edition

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