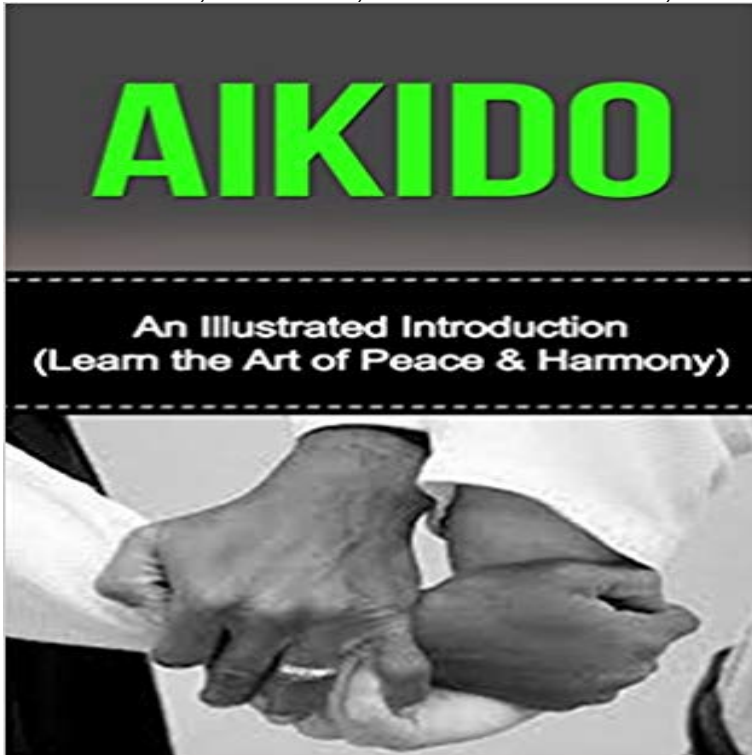


Aikido: An Illustrated Introduction: Learn Aikido Way of Peace and Harmony (Aikido and the Dynamic Sphere, Aikido Techniques, Aikido Exercises, Aikido, ... Martial Arts, Martial Arts, Aikido Books)



Discover Aikido: An Illustrated guide to learn art of peace and harmony along with Self Defense Today only, get this Amazon book for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Are you looking for a complete guide for Aikido? Do you want to know some of the deep facts about Aikido? Do you want to know about the benefits of Aikido? Do you know Aikido is the best art of peace and harmony along with self defence and exercise? If these questions were coming into your mind before landing on this page, then you are in the right place. I have written this book for the Aikido lovers who want to take Aikido classes but dont know what to look for initially before taking them. This book has described about some of the basic facts about Aikido and what should you adopt in your strategy while learning this famous martial arts technique. Your early days of Aikido training may be very daunting. If you dont know some of the basic facts and strategies about Aikido before joining your classes, you have to face many conundrums in understanding the basic etiquettes and procedures involved in Aikido training. Aikido is not everyones cup of tea and many students give up in the early classes of their training. One of the common reasons of giving up is to not understanding some basic concepts involved in learning Aikido. Remember that Aikido is not an aggressive form of martial arts but a self defence technique where you have to control your patience. We have discussed various basic concepts of Aikido in our book to provide you a best book. Some basic concepts involved in our book are: Aikido and its significance in self defence, The Ki concept, Power frameworks of our body, How to avert Aikido injuries, Bizarre weapons used, and Art of inevitable harmony. These concepts are necessary for every Aikido student who has begun his

Aikido training. Without these basic concepts, you cannot learn this martial arts technique properly and effectively. Ki concept is one of the building blocks in Aikido and many students misunderstood it due to lack of knowledge. This book has detailed information about what Ki energy actually refers to and how to increase and use it during your Aikido training. Avert injuries are also common in Aikido and that's why we have provided you effective solution of how to cope with them and treat them. Sometimes it becomes quite difficult to adopt the atmosphere and etiquettes of famous Aikido Dojos (learning centres) and that's why we have provided necessary information about them. This book should be a nice investment to begin your training for the famous martial arts technique Aikido. Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! Hurry Up!! Tags- Aikido, Aikido Techniques, Aikido Exercises, Aikido way of Harmony, Aikido and the Dynamic Sphere, Martial Arts, Tuttle Martial Arts, Aikido Books, Shambhala Classics, Karate

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