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aikido an illustrated introduction pdf

Aikido (Japanese: 合気道, Hepburn: aikidō) [aikiœœdo] is a modern Japanese martial art developed by Morihei Ueshiba as a synthesis of his martial studies, philosophy, and religious beliefs. Ueshiba's goal was to create an art that practitioners could use to defend themselves while also protecting their attacker from injury. Aikido is often translated as "the way of unifying (with) life ...

Aikido - Wikipedia

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Hyoho Niten Ichi Ryu Techniques - Kampai Budokai

Staff Weapons Jo, Bo, Gun, Bang, Staff, Cane, Zhang, Walking Stick Pole, Quarterstaff, Spear, Short Staff, Stick, Rod Bibliography Links Quotations Equipment Cane Jo Short Staff Zhang (Cane). Taijiquan Staff Aikido Jo Do Karate Shaolin Sticks Wudang. Cloud Hands Blog Taijiquan Qigong Home

Staff Weapons: Jo, Cane, Bo, Staff, Spear, Walking Stick

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Amazon.com: How to Win a Street Fight: Unarmed Self

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