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Aikido techniques from Aikido Alliance Australia. Explanation as to correct form during practice, and what not to practice. Complacency, lack of focus, and...

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Basic Aikido techniques - YouTube

In aikido, there is a basic stance, then gets right into attacker, defense, counter attack like routines. No beginning punch like movements, punch out, bring arm in, 1,2,3,4 lol. Nothing like that at all, the philosophy is so much different using a focused energy point and using the attackers movements and energy to get him/her off balance to counter your own attack.

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Aikido : The Complete Basic Techniques by Yasuhisa Shioda ...

Aikido: The Complete Basic Techniques Author: Gozo Shioda Genre: Aikido and Other Martial Arts Publisher: London/New York/Tokyo: Kodansha Ltd, 2006 ISBN: 4-7770-3019-3 RRP: £19.99 (+£2.80 p&p)

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Aikido — a martial art deriving its effectiveness, like judo and karate, from the flow of ki — techniques that, when thoroughly mastered, enable the gentle to overcome the strong — exercise and sport for men and women of all ages, based on natural movements and harmony of mind and body Ancient theory, modern practice:

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Dynamic Aikido brings together the wholespectrum of theoretical and applied aikido.

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