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Description or summary of the book: In *Aikido: The Complete Basic Techniques*, Gozo Shioda, renowned master and teacher as well as the top student of modern Aikido's founder, offers lucid and detailed explanations of all of the most important basic Aikido techniques. He demonstrates how the Basic Exercises that

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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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In aikido, there is a basic stance, then gets

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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
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