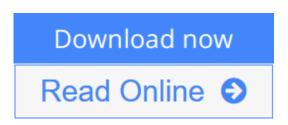


Complete Aikido: Aikido Kyohan-The Definitive Guide to the Way of Harmony (Complete Martial Arts)

By Roy Suenaka, Christopher Watson



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Complete Aikido is the authoritative text on this enlightening martial art and selfdefense system. This definitive aikido guide is packed with history and philosophy, and offers precise descriptions with over 400 photographs illustrating the correct—and incorrect—way to execute aikido techniques. In the almost thirty years since the death of aikido founder Morihei Ueshiba O'Sensei, his many students have spread his philosophy and vision across the world, including author Roy Suenaka.

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- Sales Rank: #758451 in Books
- Brand: Roy Suenaka
- Published on: 1998-03
- Released on: 1997-11-15
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .60" w x 6.00" l, 1.19 pounds
- Binding: Paperback
- 416 pages

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Editorial Review

About the Author

Roy Suenaka has devoted his life to martial arts study, learning at the feet of some of the world's most celebrated masters. His extensive experience makes him uniquely qualified to comment on what aikido is and is not, and to dispel the many misconceptions that plague its history, philosophy, and martial technique.

Co-author **Christopher Watson** has been studying aikido for eight years under the tutelage of Suenaka Sensei.

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