



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 provides insights into the three leading styles of this Japanese martial art: the original art developed by founder Morihei Ueshiba O'Sensei, the Shin-Shin Toitsu aikido of Koichi Tohei Sensei, and the Suenaka-ha Tetsugaku-ho aikido of Roy Suenaka Sensei. Both a fascinating martial biography and a comprehensive instructional manual, this aikido book is a must for all practitioners seeking the way of harmony.

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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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