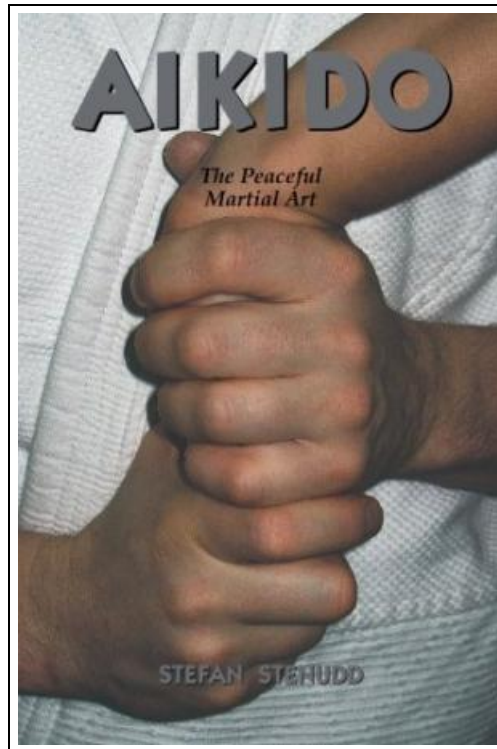


Aikido: The Peaceful Martial Art



Filesize: 3.07 MB

Reviews

Complete guide for publication enthusiasts. I have read and i am sure that i will going to study again once again in the future. Your way of life period will be transform once you total looking over this publication.
(Shayne O'Conner)

AIKIDO: THE PEACEFUL MARTIAL ART



Paperback. Condition: New. Aikido is a martial art unlike any other. It contains no attacks, only defense, and this defense should be so gentle that even the attacker is delighted by it. There is no competition, since each participant should be a winner. It's an art that takes a lifetime to learn. This book presents the principles and basic concepts of aikido, which is deeply rooted in Eastern philosophy and the refined ideals of the samurai. It is not a technical manual, but an exploration of the thoughts and theories at work in aikido practice. The book elaborates on the ethics involved in practicing this martial art, the philosophy on which it's founded, and the attitude needed to progress in aikido. It also goes through the many significant Japanese terms used, explaining their meaning in training as well as in the martial arts context and theory. Among the terms explored are the three words that make up the name of the art: ai, joining, ki, the universal life energy, and do, the way. Tanden, the center, is also explained thoroughly, as is kiai, the concentration of energy, takemusu, the ideal of improvised martial arts, and many other concepts used in aikido as well as the other Japanese martial arts. One chapter is dedicated to kototama, the cosmology of sound that the founder of aikido, Morihei Ueshiba, studied intensely. There is also a dictionary of the terminology used in aikido. Later editions of the book are published as *Aikido Principles: Basic Concepts of the Peaceful Martial Art*. (KINDLE edition: Some formatting errors have been corrected on September 17, 2011, to make the book and its images display properly.) This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



[Read Aikido: The Peaceful Martial Art Online](#)



[Download PDF Aikido: The Peaceful Martial Art](#)

You May Also Like



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in. Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

[Download](#) [ePub](#)

»



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in. This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

[Download](#) [ePub](#)

»



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

[Download](#) [ePub](#)

»



DK Readers Plants Bite Back Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 9.0in. x 5.8in. x 0.2in. With Eyewitness Readers, children will learn to read --then read to learn! There are plants that prickle, sting, or even munch...

[Download](#) [ePub](#)

»



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Download](#) [ePub](#)

»

**Shepherds Hey, Bfms 16: Study Score**

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 22 pages. Dimensions: 9.4in. x 7.1in. x 0.0in.Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English

[Read PDF](#)

»

**Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One**

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.We all have dreams of what we want to do and who we want to become. Many of us eventually decide

[Read PDF](#)

»

**Gypsy Breynton**

Echo Library. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Hon. Gypsy Breynton, Esq. , M. A. , D. D. , LL. D. , c. , c. Gypsy Breyiton, R, R.

[Read PDF](#)

»

**DK Readers Disasters at Sea Level 3 Reading Alone**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.From fog, ice, and rocks to cannon fire and torpedo attacks--read the story of five doomed sea voyages and the fate

[Read PDF](#)

»

**Get Up and Go**

Puffin. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 10.0in. x 7.7in. x 0.3in.We all come in different shapes and sizes, and it doesnt matter if you are tall, short, skinny, or round. Your body

[Read PDF](#)

»