

288953 Aikido

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## Summary:

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The New York Aikikai - 13 Reviews - Martial Arts - 142 W ... The New York Aikikai is a great place to learn and practice the art of Aikido. Aikido is a Japanese martial art which was founded by Morihei Ueshiba or as called by aikidoka, (practitioners of aikido) O'Sensei. DC Aikido Martial Arts | Washington, DC A Japanese internal energy-based martial art, Aikido (pronounced "Eye", "Key", "Doe") was created in the 1930s by Master Morihei Ueshiba. The martial art of Aikido incorporates a very unique philosophical foundation of peace and harmony along with well-defined self-defense techniques to control a bigger, stronger, and faster person. AAA AIKIDO - YouTube AAA AIKIDO glifrieri23. Loading... Aikido: OKAMOTO Yoko Sensei - Seminar in Offenbach 2014 - Duration: 9:16. AikinomichiWien 837,526 views. 9:16.

Aikido and Martial Arts at Austin Aikikai Austin Aikikai is a traditional Aikido dojo providing training in a community focused on helping members develop strength in every aspect of their lives. Aikido by Kisshomaru Ueshiba - Goodreads The principles of Aikido state that force and technique, alone, are inadequate. The practitioner must enter into the domain of the spirit to develop himself and his thought. This book gives the basic knowledge needed to master the art of Aikido. What is Aikido? - Learn more about the way of peace. Aikido also helps us develop our spirit, sense of well-being, awareness and compassion. The multi-faceted approach to Aikido training makes us stronger and more complete human beings, better able to diffuse or defend against negative situations.

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