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An excellent illustration of the basic principle of aikido is the following example - a stone weighing 3 kg falls on your head, you can catch it or move aside, letting it fall to the ground. If a 300 kg stone falls on you, then there is no point in catching it if you value your own health.

~~List of Aikido Techniques with Instructions~~

Pinner Aikido Club – Beginner’s Guide to Training Foreword This document is a newcomer’s guide to Aikido to aid in their training and to explain basics that will be introduced as part of their training. It can be used as a guide to assist progress through the grades over the coming years. History

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The movement of Aikido is the dynamic movement of the universal energy forces. The power of Aikido is the power of a strong and unified spirit, mind and body moving in harmony with everything around it. Its origin is Budo. Its development is the result of two thousand years of a

~~Training Handbook - Aikido Schools of Ueshiba~~

PRELIMINARY AIKIDO EXERCISES These preliminary Aikido exercises shall be performed at the beginning of each class with the purpose of loosening up your body, stretching and relaxing your muscles, and also preparing your mind for the waza. 1. Tekubi Furi Undo (Hand Shake) Let your arms hang naturally at your sides, no tension in your shoulders.

~~PRELIMINARY AIKIDO EXERCISES - Chris Dalrymple~~

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The first known book published by Aikido Founder Morihei Ueshiba ("Moritaka Ueshiba" at the time of publishing) was the 1933 training manual "Budo Renshu" (published in English under the name "Budo Training in Aikido"). This manual was initially given to his students as a kind of a teaching license.

~~Kenji Tomiki: Judo Taiso - a method of training Aiki no Jutsu~~

The aikido technique kokyunage against several different attacks. Many more aikido videos on my YouTube Channel. All the basic moves of aikido. At my dojo Enighet in Malmö, we have made a listing of basic aikido techniques and on what attacks they are reasonably possible to do. The list is long, of course.

~~Aikido Techniques - All the Defense and Attack Moves~~

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Aikido and the Dynamic Sphere: An Illustrated Introduction provides a complete foundation in the practice of one of the most distinctive and useful Japanese martial arts. Aikido was created in Japan in the 1920's by Morihei Ueshiba, also known as Osensei.

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