



Attacks in Aikido: How to Do Kogeki, the Attack Techniques

By Stefan Stenudd

BookSurge Publishing. Paperback. Book Condition: New. Paperback. 190 pages. Dimensions: 7.9in. x 5.3in. x 0.6in. For the first time: an aikido book that focuses on the attack techniques! Although aikido is a purely defensive martial art, attack techniques need to be practiced in order for the training partners to exercise the proper defense against them. And for the aikido skills to increase, the attacking skills must improve accordingly. This book presents all the attacks, kogeki, practiced in aikido - grips as well as strikes, punches, and kicks. Also attacks with ken, the sword, jo, the stick, and tanto, the knife, are included. Each of these attack techniques is examined in depth, with lots of advice and pointers for beginners as well as advanced aikido students. The book also contains commented lists of all possible combinations of attack and defense techniques. A dictionary of the aikido terminology is included. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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Reviews

Unquestionably, this is actually the very best job by any publisher. It really is basic but unexpected situations within the 50 % from the book. I discovered this book from my dad and i advised this publication to discover.

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Totally among the best publication I have ever go through. This really is for all those who statte that there had not been a well worth studying. I am just very happy to let you know that this is actually the very best pdf we have go through inside my very own daily life and could be he very best ebook for actually.

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