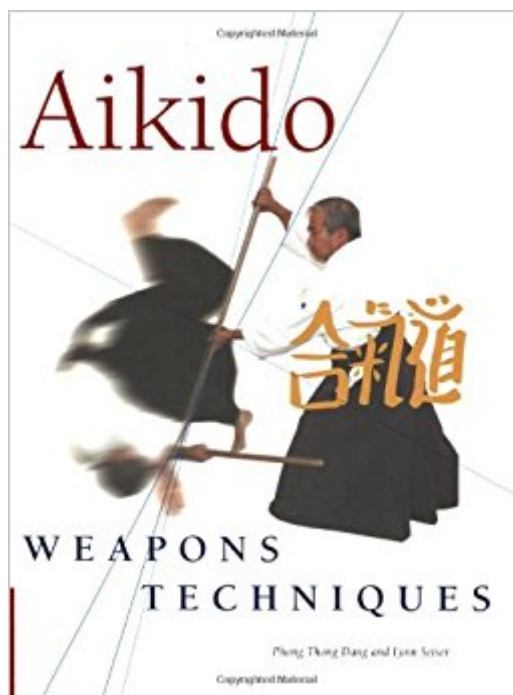


The book was found

Aikido Weapons Techniques



Synopsis

Though aikido is known as a nonviolent, noncompetitive martial art, the use of weapons in aikido was introduced by the art's founder O'Sensei Morihei Ueshiba. The wooden weapons of aikido are most often used as training tools to better illustrate aikido principles and movements and to train in self-defense against weapons. This book features the three main weapons used in aikido: the boken or ken (wooden sword), jo (wooden short staff), and tanto (wooden knife). A complete discussion on each weapon is included with descriptions of the stances, grips, techniques, defenses, forms, and training appropriate for each weapon. The aikido concepts, training and techniques represented are those influenced by the weapons practice of O'Sensei Morihei Ueshiba, as well as the styles of Saito Sensei's Iwama-ryu.

Book Information

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Customer Reviews

Phong Thong Dang holds a sixth degree black belt in aikido, a sixth degree black belt in tae kwon do, a fifth degree black belt in judo, and an eighth degree black belt in Vietnamese Shaolin kungfu. He currently teaches in Southern CA. Lynn Seiser holds the rank of Sandan (third degree black belt) in Tenshinkai aikido under Sensei Phong Thong Dang.

Excellent must have addition book for any Martial Arts fan of Aikido and Jujitsu. I currently study both the arts of Jujitsu and Aikido, and in the past I had studied Kendo fencing and also intense styles of both Karate and Kung Fu in my past. This book by Prof. Thing Dang covers the weapons applications and techniques of the dynamic art of Aikido. One needs to learn the basics of the

bokken and Jo in addition to their empty handed self defense techniques. Out of many books I found Prof. Thong Dang's to be the most descriptive, breaking down each of the moves and giving informing the reader their proper Japanese names. Very fun and educational and I recommend this book for the serious Martial Arts athlete.

A very good book, progression is smooth and linear. Easy to understand.

I used to take Aikido years ago in the 80's. I loved it then and still do. This book brought back many good memories.

Not a bad book. The pictures are pretty descriptive of the assignments.

Great Book, well done for anyone who wants too learn Aikido

My Husband was super thrilled to receive this book on his birthday. The condition of the book was excellent and he is excited to read it.

"Aikido Weapons Techniques: The Wooden Sword, Stick, and Knife of Aikido" is for beginners. It starts from the most rudimentary steps for people who have never used weapons before. The pictures are excellent. One of the most important things in learning is to start with good habits from the beginning; never let bad habits develop. This book teaches all the right habits. Since I am a novice, this book was/is perfect for me.

The introductory remarks about Aikido are excellent; the exposition of weapons technique less so. Kindle users be advised: the Kindle edition is riddled with typographical errors, especially in transcription of Japanese words. It appears to have been prepared with OCR software with little or no subsequent editing.

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