



An Open Secret: A Student s Handbook for Learning Aikido Techniques of Self Defense and Aiki Way

By Tony M Blomert

Createspace, United States, 2015. Paperback. Book Condition: New. Student. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The martial arts are shrouded in the mystique of Asian lore and nuances. Information is well-known by experienced practitioners, but is often kept as an open secret among themselves. Aikido is a self-defense martial art (budo) methodology established in Japan by Morihei Ueshiba (O Sensei: 1883-1969), who blended his techniques and weapons experience with deeply held philosophical beliefs into what is often referred to as the art of peace. Aikido has a rich history originating to feudal period Japan, which continues today with an international fellowship of people who strive to make the world a better place by following the aiki way, and embracing the legacy of the dojo culture as a training hall and sanctuary for enlightenment. The world is in greater need than ever before to embrace the philosophy and approach of Aikido s founder O Sensei. The Aikido culture helps shape today s youth, transitions adolescents to become contributing members of society, and helps adults continue spiritual and physical self-improvement. It distinguishes itself by shunning the competitive violence spawned by the pseudo-sports popularized in...



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