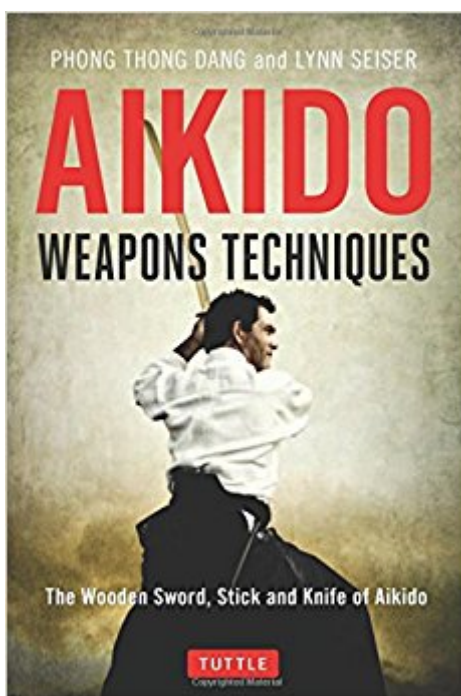


The book was found

Aikido Weapons Techniques: The Wooden Sword, Stick And Knife Of Aikido



Synopsis

Master the wooden weapons used in Aikido with this comprehensive martial arts training manual. Although Aikido is often thought of as a nonviolent, noncompetitive martial art, the use of weapons was introduced by the art's founder O'Sensei Morihei Ueshiba. In fact, aikido techniques that use wooden weapons can enrich all aspects of your practice, helping you to understand both basic and advanced aikido technical tactics as well as conceptual strategies and skills. Building on the authors' belief that no empty-hand system is complete without weapons training, *Aikido Weapons Techniques: The Wooden Sword, Stick, and Knife of Aikido* demonstrates weapon use both as a training tool to better illustrate aikido principles, and as a self-defense against weapon attacks, focusing on the three primary weapons used in aikido: Ken—the wooden sword, Jo—the wooden staff, Tanto—the wooden knife. A complete discussion of each weapon is included, with descriptions of the stances, grips, techniques, forms, defenses, and training appropriate for each. With over 200 step-by-step photographs and detailed instructions, this aikido book provides an in-depth exploration of weapons use in aikido—from its spiritual implications to technical theory and practical use.

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 Taekwondo, a fifth degree black belt in Judo, and an eighth degree black belt in Vietnamese Shaolin Kungfu. The World Martial Arts Hall of Fame inducted Phong twice: once for his expertise in Aikido and again for his lifelong dedication to the martial arts. He has been featured in Karate

Illustrated, Aikido Journal, Aikido Today, Martial Arts and Combat Sports and Black Belt. He has practiced martial arts for over fifty years and currently teaches in southern California. Lynn Seiser is an internationally respected psychotherapist, consultant and trainer. Seiser has over three decades of martial arts training and experience. He currently 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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