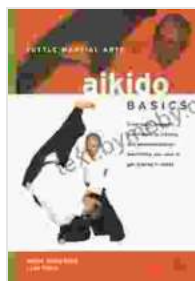


Everything You Need To Get Started In Aikido

Aikido is a Japanese martial art that emphasizes using your opponent's energy against them. It is a non-violent art that can be used for self-defense or as a way to improve your physical and mental health.

This book will teach you everything you need to know to get started in Aikido, from basic footwork and throws to more advanced techniques.



Aikido Basics: Everything you need to get started in Aikido - from basic footwork and throws to training (Tuttle Martial Arts Basics) by Phong Thong Dang

★★★★☆ 4.5 out of 5

Language : English
File size : 3782 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 194 pages



Chapter 1: Getting Started

In this chapter, you will learn the basics of Aikido, including:

- The history of Aikido
- The principles of Aikido
- The basic techniques of Aikido

Chapter 2: Basic Footwork

Footwork is essential for Aikido. In this chapter, you will learn the basic footwork patterns, including:

- Forward and backward movement
- Side-to-side movement
- Turning and pivoting

Chapter 3: Basic Throws

Throws are one of the most important techniques in Aikido. In this chapter, you will learn the basic throws, including:

- Shoulder throw
- Hip throw
- Leg sweep

Chapter 4: More Advanced Techniques

Once you have mastered the basics, you can start to learn more advanced techniques, including:

- Joint locks
- Chokes
- Weapons disarms

Chapter 5: Self-Defense

Aikido can be used for self-defense. In this chapter, you will learn how to use Aikido techniques to defend yourself against common attacks, including:

- Punches
- Kicks
- Grabs

Chapter 6: Fitness and Health

Aikido is a great way to improve your fitness and health. In this chapter, you will learn how Aikido can help you:

- Improve your cardiovascular health
- Build strength and flexibility
- Reduce stress

Aikido is a rewarding martial art that can benefit you in many ways. This book will teach you everything you need to know to get started in Aikido. So what are you waiting for? Get started today!



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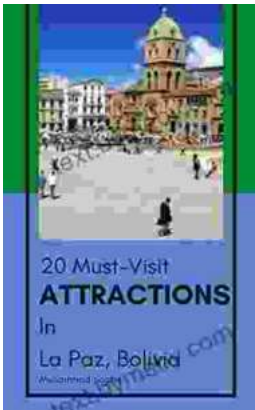
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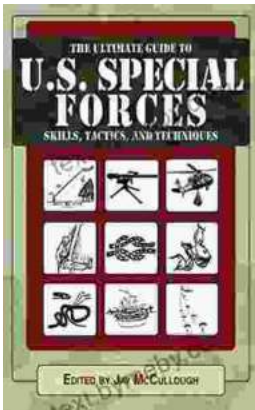
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