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during practice, and what not to practice.
Complacency, lack of focus, and...

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In aikido techniques the forces of the attacker and the defender should be joined,

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and not work against each other. The need for atemi, strike, should be limited. The aikido techniques should be possible to do with few or no atemi, which otherwise tends to be 'an easy way out'.

Aikido Techniques - All the Defense and
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Livre Technique Aikido Gary Bennett is ranked as a 10th-degree black belt (Judan) and Soke (Grandmaster) of Tejitsu Aikido, the system he founded in 1989. His memberships have included the New World Martial Arts Association, the Eastern U.S.A. International Martial Arts Association (EUSAIMAA), the Bushido-Brotherhood

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Martial Arts Society, and the World Head of Family Sokeship Council (WHFSC).

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Livre Technique Aikido Aikido is one of the best ways to defend one self. In fact, this is one martial art that was introduced to tackle

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the Samurai problem. Samurais are armed to the teeth and there is no way to hit them. That's where the Aikido technique was introduced because it makes people fall. What is Aikido? Aikido is also known as

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Stefan Stenudd: Aikido, Art, Fiction,
Mythology, and More

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batton en aikido, AIKI-JO est un des
volets de l'encyclopédie de Christian
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