



Aikido Exercises for Teaching and Training: Revised Edition

By C. M. Shifflett

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With the number of Aikido dojos in the U.S. estimated at up to 1,000, this Japanese martial art has never been more popular. This revised edition of the best-selling *Aikido Exercises for Teaching and Training* provides an ideal companion for both teachers and students of all Aikido systems. With over 100 illustrations and 300 pages of detailed techniques and exercises, *Aikido Exercises for Teaching and Training* has proved itself as the definitive guide to the “peaceful martial art.”

The exercises here are based on *hitori waza*, the simple building blocks that underlie the most spectacular Aikido throws. These are augmented with testing techniques, class demonstrations, and underlying basics of physics, anatomy, and psychology. The book includes an explanation of the relationships between exercises and throws; an approach for safe mastery of rolling and *ukemi* skills; the anatomy of wristlocks; useful training equipment; exercises for individual, off-mat practice; and verbal self-defense techniques.

Unlike most Aikido manuals, this one draws from multiple systems (including Aikikai and Yoshinkan Aikido as well as Judo) and many seemingly unrelated topics to enhance understanding of the underlying principles of Aikido. Peppared with humorous anecdotes, creative analogies, and real-life lessons, this is a practical and inspiring guide for all Aikidoists.

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Editorial Review

Review

"I wish I'd had a book like this one when I started teaching 25 years ago! A valuable resource for beginners, senior students, and teachers of the art."

—George Simcox, Virginia Ki Society

About the Author

C.M. Shifflett is the author of *Ki in Aikido: A Sampler of Ki Exercises*, and is a student of the late George Simcox.

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The experience that you get from Aikido Exercises for Teaching and Training: Revised Edition will be the more deep you excavating the information that hide into the words the more you get interested in reading it. It does not mean that this book is hard to be aware of but Aikido Exercises for Teaching and Training: Revised Edition giving you enjoyment feeling of reading. The writer conveys their point in selected way that can be understood by means of anyone who read the item because the author of this publication is well-known enough. This kind of book also makes your personal vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We propose you for having this specific Aikido Exercises for Teaching and Training: Revised Edition instantly.

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