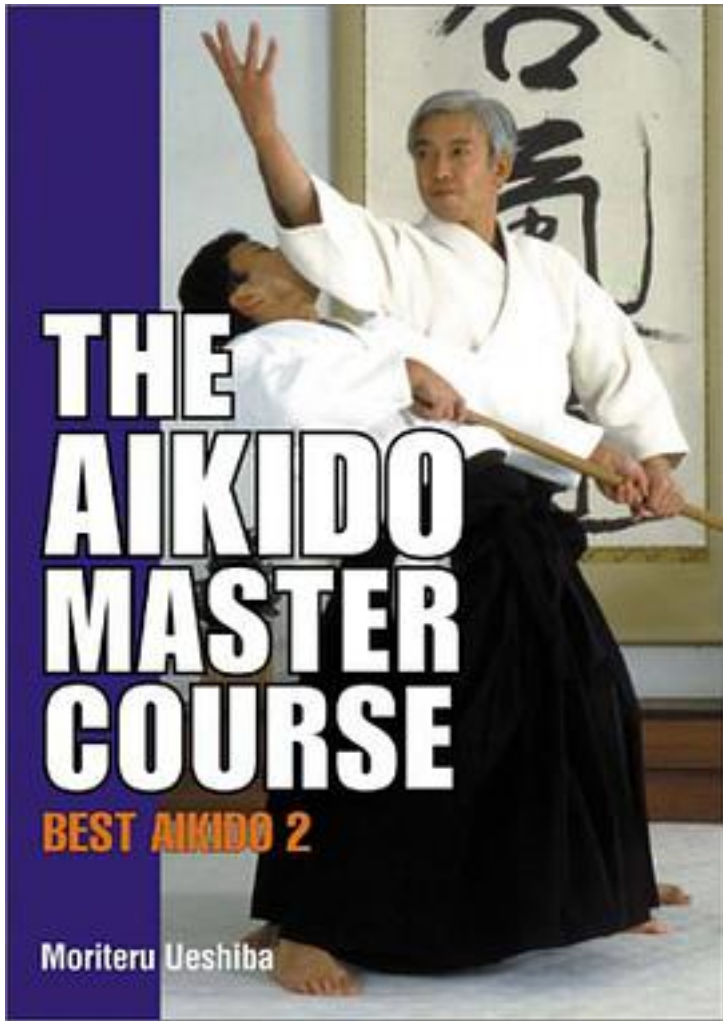


The Aikido Master Course



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著者:Ueshiba, Kisshomaru

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Written by the son of the author of "Best Aikido - The Fundamentals" and grandson of

the founder of Aikido Morihei Ueshiba, the theme of this book is "variation", with more techniques demonstrated and fully illustrated than most other aikido titles. Many moves are illustrated in both their omote and ura forms, thus offering a full and broad understanding of not only the physical aspects, but also of the philosophical essence of this popular discipline.

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