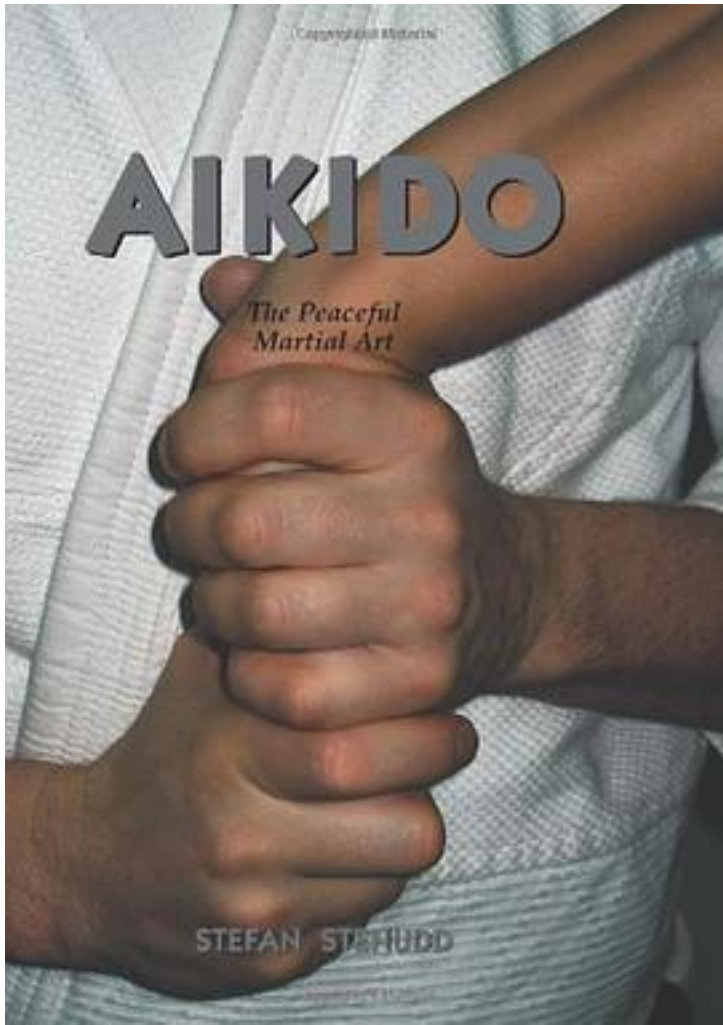


Aikido



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出版者:Random House Inc

出版时间:2006-9

装帧:Pap

isbn:9781583941645

Aikido combines elements of self-defense technique, spiritual enlightenment, and

self-confidence into a complete system for physical and spiritual health. This simple but thorough guide, aimed at both men and women, explains the origins, history, theory, and philosophy of aikido and gives detailed, illustrated instructions for aikido's essential techniques. Topics include dojos (formal training halls), uniforms, weapons, and breathing practices and explanations and complete demonstrations of groundwork, leading and throwing against punches, strikes and cuts, immobilization techniques, timing, and weapons training.

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