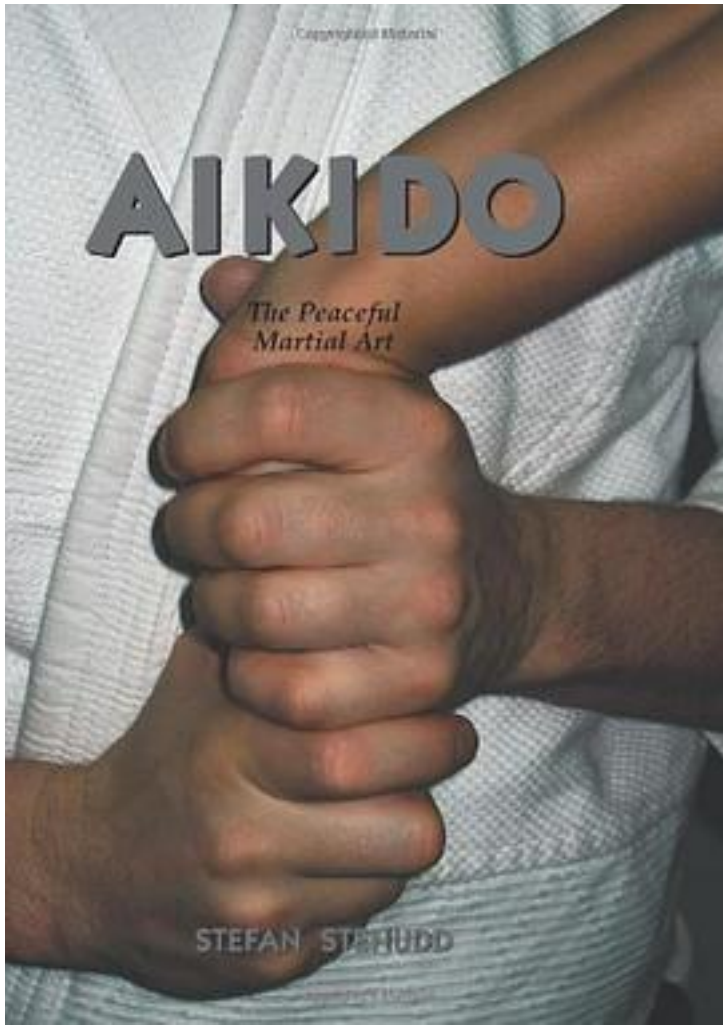


Aikido



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A comprehensive, fully illustrated textbook covering: disturbing balance, connection

and harmony, timing and leading, making use of gravity, basic pins and other concepts that can lead to effective Aikido.

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