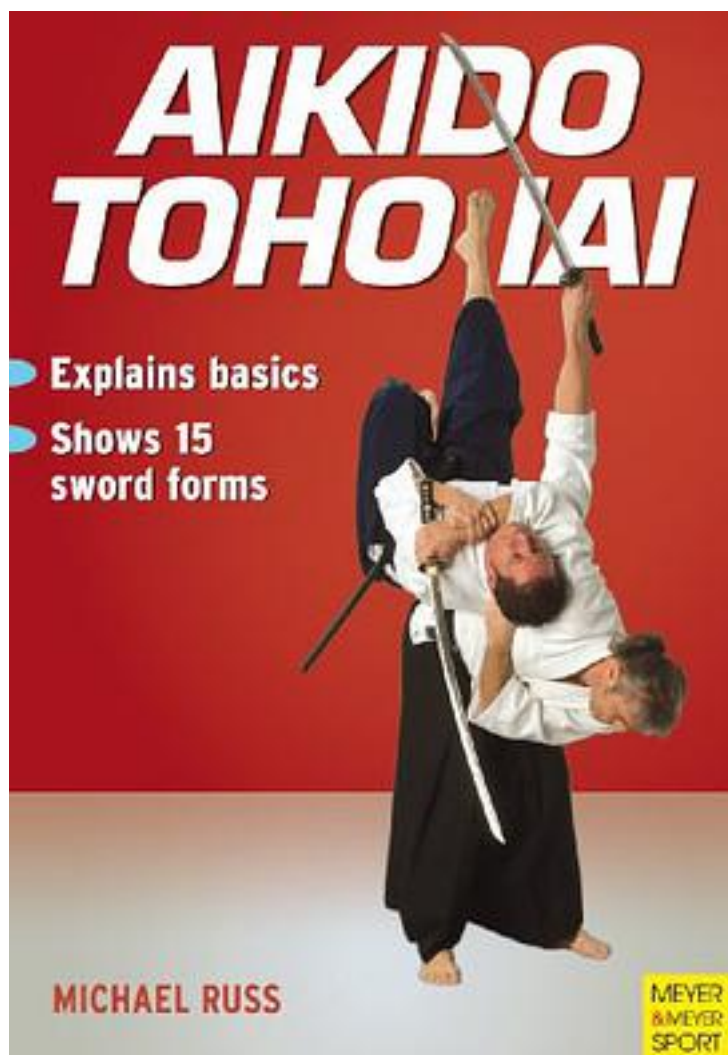


# Aikido Toho Lai



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This book introduces for the first time a system founded by Nishio Sensei called Aikido Toho lai, which is the connection between the art of sword drawing and Aikido technique. The sword is the origin of the Aikido techniques, and this book shows you how to use it in the right way. Using examples of 15 sword forms and the corresponding Aikido techniques, the book enables you to create your own sword form for different Aikido techniques by understanding the principles of the sword. This will bring you more success in martial arts and much more fun while training for it.

作者介绍:

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