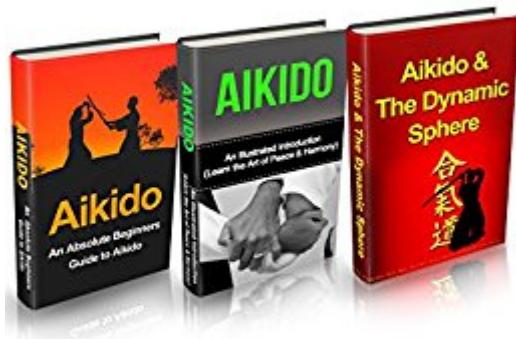


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Aikido: Aikido In Everyday Life Box Set (3 In 1): Aikido+ Aikido & Dynamic Sphere+ Aikido Techniques+ Aikido Basics+ Aikido Fiction- A Complete Aikido ... Tips, Aikido Basics, Aikido Mysteries)



Synopsis

Discover How to learn an art of Aikido for Self Defense, Fitness and Self Discovery (Aikido Box Set 3 in 1) Today only, get this book for just \$0.99 for a limited time. Regularly priced at \$6.99. The most comprehensive guide with cheapest price on . Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover the proven strategies on how to learn Aikido, train your body and mind for self defense and self discovery. Aikido is Japanese art which helps to find the ultimate goal of life. Thousands of people across the world spend huge money to learn Aikido because it's not only art but it is way of living a peaceful life. It trains your mind and body for concept of power, identity and mind. Aikido has found to be very helpful in learning Physical Pertinence and a Spiritual Polestar. The truth is, Aikido a smart way to live life with happiness. All you need is awareness and proven strategies that will make you strong for life. This book goes deep into step by step proven strategies that will help train your mind, gain the physical and spiritual power and take control of your life. We're going to outline these tips and techniques in an easy to follow way, and give you some ways that you can improve your life for the short-term, long-term, and everything in between. Aikido is easy enough for anyone to learn and master. Here Is A Preview Of What You'll Learn...
Inception and Development of Aikido
Aikido and Its Significance for Self-Defense
The 'Ki' Concept - Essential Component of Aikido
Aikido and the Power Frameworks of the Body
The most effective method to Avert Aikido Injuries
Asian Concept of Power, Identity and Mind- Aikido
Bizarre Weapons Used In Aikido
The Art to Inevitable Harmony
Aikido Techniques - Physical Pertinence and a Spiritual Polestar
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Customer Reviews

I already have several books about aikido because I am really interested about this kind of martial arts. I am fascinated with the movements, discipline and of course the main purpose of it which is self-defense. This book talks a topic which other Aikido books don't have, like the Etiquettes of Aikido. I've learned that there are some practices of salutation that every Aikido student must follow. They have their own terminologies on each action to be performed and it is really quite interesting. I got three books in one set so it's packed with complete tips, techniques and all other ideas you need to know about Aikido. I am happy with this purchase.

I like aikido specially because it approaches the opponent in a positive manner. It also is very useful in health problems. I liked how this e-book even provided information in the weapons traditionally used. It is a deal to pay .99 cents for the three books. The techniques of defense bring helpful figures. I'll expend the next two months mastering aikido, and this book will be a very helpful guide.

This 3 "book" bundle consists of three hmm... essays obviously written in foreign language. Text and information quality is at the level of a C+ 8-th grader essay to begin with. Add poor translation to English, inaccurate digitization to Kindle format, and you get an idea what this "book" set is about. Oh, all three "books" of the bundle are clearly compiled by the same person (same phrases are repeated throughout with some minor word-shuffling). Wikipedia page would provide more information on Aikido than this "bundle". Total waste of time.

Though I'm not yet practicing aikido, this guide gives me a fabulous introductory feel for the martial art, and seems like it would serve as an excellent reference for the beginner or intermediate aikido student that wants to add a little practice time. Clear, concise explanations and equally instructive illustrations.

Learning Aikido can help in instilling discipline within yourself and train you to become focused on getting your goals. This book will teach you the use of weapons in Aikido training and the different techniques of practising the martial art. Quite a cool sport to pick up!

Aikido is a great martial art, this book is the best introduction to it, in my opinion. The illustrations in the book are succinct and clear in their depiction of Aikido moves and techniques. The language is concise and well thought-out. If you want to see what Aikido is about, don't worry about talking to its students, just read this book.

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