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C. M. Shifflett is a non-fiction science and technology writer who has published on a variety of topics ranging from earth sciences and computer technology to martial arts (Aikido Exercises for Teaching and Training) and health (Migraine Brains and Bodies).

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With the number of Aikido dojos in the U.S. estimated at up to 1,000, this Japanese martial art has never been more popular. This revised edition of the best-selling Aikido Exercises for Teaching and Training provides an ideal companion for both teachers and students of all Aikido systems.With over 100 illustrations and 300 pages of detailed techniques and exercises, Aikido Exercises for ...

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C.M. Shifflett's "Aikido for Teaching and Training," is a thoughtfully crafted handbook that should benefit any Aikido practitioner. I myself am primarily a Shaolin Kung Fu stylist, however, I was honored to have studied with Shihan Paul Silvaine of Valley Aikido in Northhampton Massachusetts between 1985 and 1989.

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All the attack techniques in aikido explained, and how to do them correctly. Click the image to see the book at Amazon. More about the book here. Aikibatto Aikiken Sword Exercises for Aikido. The aikibatto exercises, practical and spiritual aspects of the sword arts, advice on equipment for training. Click the image to see the book at Amazon.

Ki exercises - How to Train the Life Energy of the East

Aikido is one of the best ways to defend one self. In fact, this is one martial art that was introduced to tackle the Samurai problem. Samurais are armed to the teeth and there is no way to hit them. That's where the Aikido technique was introduced because it makes people fall. What is Aikido? Aikido is also known as an art of coordination, control, and focus.

Learn Aikido at Home - Training & Street Techniques

A Brief Ki Class reviews the physics and psychology behind the mystifying ki exercises -- and Aikido techniques. Includes excerpts from Ki in Aikido . Rolling, Falling, and Flying provides a different slant on Real Self-Defense, and suggestions for safe and effective teaching and leaning of rolling skills.

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Presenting the knowledge of the biomechanics of aikido techniques. 2. Verifying whether teaching mechanics by explaining its rules using examples from aikido and various sports disciplines increases the efficiency of teaching. 3. Checking how the knowledge of biomechanics related to the rules of mechanics used in aikido

Using the Knowledge of Biomechanics in Teaching Aikido

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