

## Karate International Student Manual

Over 1500 pictures, and 35 years of heart and soul are in this book. The book contains explanations of each Hyung (form) and its characteristics, and detailed step-by-step illustrations with feet diagrams, different angle shots and traditional pictures. Forms, one-step sparring, self defence, breaking and free sparring for each belt requirement are included, as well as exclusive applications pictures for all forms. Plyometrics (jumping) exercises are included to help you to develop power and explosiveness into your techniques.

This is the official training manual of the Okinawan Martial Arts Center covering the arts of Okinawan Gojuryu Karate-do and Ryukyu Dento Ufuchiku Kubujutsu. Within this manual you will find history, biographies, etiquette, terminology, Basics, promotional requirements for Juniors and Seniors, along with Kobudo and much more. This manual will assist the student as they take there journey along the path of budo.

Though generally perceived and advertised as means of self-defense, body sculpting, and self-discipline, martial arts are actually social tools that respond to altered physical, social, and psychological environments. This book examines how practitioners have responded to stimuli such as feminism, globalism, imperialism, militarism,

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nationalism, slavery, and the commercialization of sport.

The Tang Soo Do Black Belt Instructor Manual includes the curriculum necessary to open a martial arts school or create a local, national or international martial arts organization. The author includes substantial information that each Tang Soo Do Black Belt should know, understand and be able to instruct students with it. Included is the Tang Soo Do creation, history and evolution, the creation and history of the Tang Soo Do Hyungs and their connection with Okinawa and Japanese Kata, a Hyung-to-Kata conversion matrix, also included are examples of the Tang Soo Do Gup and Black Belt testing requirements and scoring sheets at all Black Belt Dan and example Gup and Black Belt testing scoring sheets and Gup Promotional Test Acceptance forms, Gup tests from 10th Gup white belt through 2nd Gup Red Belt and 1st, 2nd and 3rd Cho Dan Bo test requirements and scoring sheets and all Black Belt Dan testing forms from Cho Dan Black belt through 9th Dan Black Belt. This manual has the information for an instructor to produce students, Instructors and Master Instructors consistent in performance, knowledge, understanding, experience, wisdom, patience, humility, quality and effectiveness with those from local, national and international Tang Soo Do organizations. This manual is not for the student who

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has no need for this information and is unable to grasp its significance for opening a new martial arts school or creating a new martial arts organization. Included are the instructions for three Kee Cho hyungs from Grandmaster Hwang Kee's Moo Duk Kwan and five Pyung Ahn, Nai Hanji and Passai Cho hyujngs from the Grandmaster Won Kuk Lee's Chung Do Kwan and an additional complete set of 10 Gup test forms as examples to develop tailed one's by the reader as an Appendix.

Welcome to Karate makes the thought of practicing martial arts less intimidating. Offered as a curricular guide and sourcebook, Welcome to Karate introduces the entirety of dojo involvement, emphasizing traditions and etiquette, and offering technical support for all elements required to advance from white to yellow belt.

The martial arts are shrouded in the mystique of Asian lore and nuances. Information is well-known by experienced practitioners, but is often kept as an "open secret" among themselves. Aikido is a self-defense martial art (budo) methodology established in Japan by Morihei Usehiba (O'Sensei: 1883-1969), who blended his techniques and weapons experience with deeply held philosophical beliefs into what is often referred to as "the art of peace." Aikido has a rich history originating to feudal period Japan, which continues today with an international fellowship of people who strive to make the world a

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better place by following the aiki way, and embracing the legacy of the dojo culture as a training hall and sanctuary for enlightenment. The world is in greater need than ever before to embrace the philosophy and approach of Aikido's founder O'Sensei. The Aikido culture helps shape today's youth, transitions adolescents to become contributing members of society, and helps adults continue spiritual and physical self-improvement. It distinguishes itself by shunning the competitive violence spawned by the pseudo-sports popularized in televised cage fighting, street-style brawling, and computer videogames (although Aikido is highly recognized as a headline program at the World Combat Games). "An Open Secret" solves the mystery of Aikido training by revealing factual truths, historical reasoning, and detailed explanations required of all Aikido students. It also takes an in-depth look at the common and unique practices all Aikidoka (practitioners of Aikido); the background of Aikido's rich history as budo (self-defense martial art); a current assessment of the art's international status; and an overview of various sub-styles in the 21st century. A true budo, Aikido is an extremely effective form of self-defense that equalizes size, strength, age and gender. Therefore, "An Open Secret" provides a proven learning methodology for Aikido that can be used by people of all ages, children and seniors alike, and can become a permanent lifestyle for its practitioners

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with improved physical and spiritual health. Aikido must be felt and experienced in order to understand the power behind this martial art form. Physical training awakens the Aiki spirit within the student who develops physical skills as a way to understand the "mystery" behind the techniques. Its students can embrace spiritual enlightenment by drawing on this knowledge time and time again. "An Open Secret" is a practical training guide that contains many resources, photos, illustrations, general information and techniques Tony knows would have been helpful when he started training years ago, but wasn't readily available to students of Aikido at that time. The reader is taken under Tony's wing, much like a season co-worker would help a newbie learn the ropes at work. He provides unbiased information on common etiquette, student responsibilities, dojo design, proper training apparel, the relationship between student and teacher and between students, training tools and weapons, rank examination, the Aiki spirit, and fundamental training concepts essential to learning Aikido and ultimately the Aiki way. Other topics include step-by-step pointers on selection and care of the uniform (the Aikido gi and hakama), equipment (Aikido weapons - jo and bokken), and the training facility (Aikido dojo). Grading and promotion examination details are covered for both beginning and advanced students, as well as student's progressive responsibilities as

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they advance in rank and experience.

In the practice of karate, throughout the world and all levels, there is one sure constant - the Kata. These formal sequences of karate techniques form the basis of all proper practice, and their range in degree of difficulty means that they can be taught throughout a student's career. This new edition, which first appeared as two separate volumes, covers the first thirteen Shotokan Kata: Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan, Bassai-Dai, Empi, Sochin, Jion, Hangetsu and Nijushiho. Fully illustrated with photographs of each move, the accompanying text explains each sequence fully and clearly with a thorough investigation of the Kata's 'bunkai' or application. The authors concentrate not only on physical conditioning, but also on the correct mental and spiritual attitude. Complete with an exploration of the historical background and development of the Kata, this book will prove indispensable to all students of karate.

Karate, manuale del praticante, oltre a contenere la storia dello stile Shorinji-ryu Renshinkan, le tecniche, i kata, e altri fondamenti, parla di psicologia dello sport, ipnotecnica, sport crescita personale e salute, coaching nello sport, marketing dello sport, riferiti tutti al karate. Contiene oltre 500 foto e oltre 20 video pubblicati su youtube.

TARGET YOUR OPPONENT'S VITAL POINTS TO DISABLE ANYONE USING MINIMAL FORCE •Over 300 step-by-step photos show each point and strike •Written by a

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9th - Dan Master and renowned expert on pressure point fighting Martial arts lore tells of masters who possessed a mysterious ability to defeat an opponent with a single perfectly placed blow. The Secret Art of Pressure Point Fighting transforms the ancient legend into a modern reality—an anatomically based fighting and self-defense system that allows a smaller defender to defeat a larger attacker by striking at the key points on his body.

Straightforward and easy to understand, The Secret Art of Pressure Point Fighting provides a complete overview of the body's vulnerable points and teaches how to stop an attacker as quickly as possible using a minimal amount of physical strength.

Smart Chi, a comprehensive martial arts manual created for serious warriors and coaches Smart Chi is a ? blend of Yoga ? Ayurveda (Indian medicine) and ? Chinese wisdom ? as related to combative training written by master trainer Arjunacharya Dasa. When Ayurveda is closely linked to yoga practice and applied to martial arts training it can offer you the creation of a customized training plan by maximizing your individual strengths and minimizing your individual weaknesses. Until now, no one has created a detailed and practical manual combining the forces of these different systems to assist the martial arts warrior. Smart Chi provides you the tools so you can determine your individual workout type, create a daily training plan, and guide you to supportive nutritional strength. Smart Chi provides a combative artist with optimal success potential in the field because of it's all-encompassing reach. While the External Training Approach focuses on pure physical performance and the athlete's activity, the Internal Training Approach zeroes in on the life force or Chi that powers the physical body. Keeping your bodily vehicle in harmony with the mind and spirit is largely determined by the amount of knowledge you have about

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them and your attentiveness to them. The first thing we learn in Smart Chi is how the forces of nature operate in the world, or externally, so to speak, in order to find out how they manifest in our own bodily and subtle fields of action. A smart chi warrior aligns himself/herself with a particular body type and mental constitution by taking an assessment quiz. The quiz measures the inclination of the forces within, as well as the warrior's physical body, and helps to determine one's constitution. The warrior is then presented with the knowledge on constitution-specific nutrition and supplementation. Further into the book, the five types of chi are described. Practical knowledge of how to control and monitor these 5 types of chi based on one's natural constitution/type are part of the subtle armor, along with the knowledge of marma, or pressure points that can aid in energy manipulation. Mantra meditation is part of the spiritual armor and is also prescribed according to one's constitution. Finally, a daily regimen customized to one's constitution is fully presented along with types of workouts that the author uses in the trenches. If you are a coach, there are helpful training scenarios that clearly contrast the internal approach with the external approach and teach you how to complement ETA with ITA to create a healthier athlete. Also, a prescription for a Complete Warrior Fitness Gym is provided for coaches to follow. The Smart Chi warrior is able to manage his/her energies in an optimal way to help themselves, their students and the world.

This a compendium of the world's greatest council of Grandmasters. These Grandmasters both past and present represent an amazing history of the martial arts. It contains their bios told as they want it heard and seen along with pictures past and present of these Grandmasters. The WHFSC World Head of Family Sokeship Council brings together Grandmasters and Sokes from every style of martial arts to a yearly meeting, with an awards dinner, Hall of Fame



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and seminars sessions given by the Grandmasters themselves. Included in the book are some of the upcoming masters in the martial arts.

A manual of martial arts training from beginner to black belt This book draws extensively upon the author's personal experiences, training, research and discussions with some of the world's most prominent masters. This work contains the entire text Entering Through the Gateway of Gojuryu along with 53 additional pages that are directly aimed at the students of the Yushikan dojo to assist them in their journey along the path of Gojuryu, however, it may be used as a guide by other's interested in Okinawan Gojuryu Karate-do. Forewords by Phillip Koeppel, R. Choji Taiani, Col. Roy Hobbs, Dennis May and Len Pellman

The straight stick has probably been used as a self-defense tool since a human made the first footprints on earth. Through the ages variations of the stick and staff have been created to make a better self-defense tool. The straight stick was turned into spears and swords. Understanding the basic use of the straight police baton makes it possible to use numerous other objects for self-defense. In fact, the same techniques taught for using the police baton relate to a host of stick fighting and sword arts such as Hanbo- Jutsu, Jo-Jutsu, Wakizashi-Jutsu and similar weapon combat systems. It is hoped this book will provide a basic overview of the many ways a straight baton can be used for self-defense, control and takedowns for law enforcement, security officers and martial artists studying weapons.

Master the techniques and theory of Japanese Karate with this easy-to-follow, illustrated martial arts guide. Karate: The Art of "Empty-Hand" Fighting has inspired hundreds of thousands of karateka, and it remains one of the finest texts available on the technique, art, and spirit

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of karatedo. This definitive volume is a systematic presentation of the art of traditional Japanese karate. An easily accessible martial arts manual illustrated with more than 1,000 photographs, this comprehensive karate book gives step-by-step explanations and thorough analysis of all the basic movements and techniques of karate. Topics of Karate the Art of "Empty-Hand" Fighting" include: The history of Karate The theories and principle of Karate The best training and exercise methods Karate techniques like stance, blocking and attacks Defenses against weapons Learn how the hard-style karate that became shotokan took shape in 19th century Okinawa as an embattled king with an unarmed force of bodyguards faced an armed invasion from overseas. In this new 328-page book, author Bruce D. Clayton, Ph.D., uses rare sketches, footnoted historical research, archival lithographs, period photographs and contemporary technique demonstrations to reveal shotokan's deadly intent and propose modern practical applications of such knowledge. Achieve a new level of theoretical understanding and fighting ability by learning Shotokan's Secret for yourself!

Once a student of karate obtains his or her black belt, what's next? For too many students, the black belt marks the end of serious training. In Black Belt Karate, noted karate instructor and 8th-dan black belt Chris Thompson explains that real yudansha (black belt level) is not just about physical prowess but about self-improvement, and that because of this, further study is vital for all students. The rank should not be the goal,

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Thompson says—everyone has something more they can learn. Neither a beginner's guide nor a manual of advanced techniques, *Black Belt Karate* is both inspirational and informative for students of all levels. The book sheds light on the world of international karate, providing a solid history of the basic schools of karate and their development, and details the WKF (World Karate Federation) rules and traditions that govern the sporting element of the discipline. Drawing on years of study with senior sensei in Japan, Thompson describes every aspect of karate training in clear, simple language, including detailed exercises and stretches to warm up and cool down. Beautiful color photographs demonstrate step-by-step sequences of forms.

Join over 400 million worldwide students of Tae Kwon Do.

*Kung Fu Elements* is the Wushu training manual that martial artists have long awaited. It is the first of its kind in the English language. It contains the essence and elements of both Internal and External Styles of Wushu. It is an invaluable training reference for any instructor or serious student of any style of martial arts! This book contains seven chapters, plus an extensive glossary, including:

- \* Classifications of Wushu styles, history, and philosophy
- \* Traditional methods for building a strong foundation
- \* Techniques for developing powerful kicks\*
- Sanshou fighting applications and combinations\*
- Effective uses of grappling (Qinna) and takedown (Shuaijiao) techniques\*
- Iron Sand Palm training and Cavity Press (Dianxue)\*
- Internal Strength, Light Body, and many other Kung Fu attainment methods\* A

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Glossary of Wushu styles, practitioners, and terms  
In Wushu, we train the physical to aid the shapeless; cultivate the shapeless to care for the physical. The training of Wushu gives one the necessary conditioning to master one's own physical body, and gain a greater understanding of the inner workings of the mind and spirit. This book includes the training methods used by ancient Wushu masters to achieve great heights. With this book at your finger tips and your desire to excel, you too can achieve great heights in your martial arts training!

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

This manual was written for law enforcement and security officers who may be interested in the use of the Mini-Baton. The Mini-Baton can include any type of short stick such as the Yawara stick, Persuader Baton Kubatons, Tactical Pens and other short stick like object. Topics in this manual include: History of the short stick or Mini-Baton Basic principles of the Mini-Baton Stance and balance Basic gripping Basic blocking Basic striking Wrist control and takedown techniques How use the Mini-Baton for basic self-defense Basic teaching principles There is also a sample course outline for those who are

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interested following an organized program of learning this effective and practical self-defense and control tool. Treasured for centuries by karate's top masters, the *Bubishi* is a classic Chinese work on philosophy, strategy, medicine, and technique as they relate to the martial arts. Referred to as the "bible of karate" by famous master Chojun Miyagi, for hundreds of years the *Bubishi* was a secret text passed from master to student in China and later in Okinawa. All of karate's legendary masters have studied it, applied its teachings, or copied passages from it. No other classic work has had as dramatic an impact on the shaping and development of karate as the *Bubishi*. Karate historian and authority Patrick McCarthy spent over ten years researching and studying the *Bubishi* and the arts associated with it. The first English translation of this remarkable martial arts manual includes numerous explanations and notes. McCarthy's work also includes groundbreaking research on Okinawan and Chinese history, as well as the fighting and healing traditions that developed in those countries, making it a gold mine for researchers and practitioners alike. For the final word on the true origins and spirit of classic Okinawan martial arts, one need look no further. This karate book is one of the best karate training supplements available.

This is the official training manual of the International Shorin Ryu Karate Federation. It encompasses the history and techniques of the system from beginner to master levels. It includes illustrated techniques and katas for the entire system as well as ranking qualifications for promotion within the system. Written by top master Hanshi George W. Alexander, this is a must have for every student and instructor of Shorin Ryu Karate.

"Covers the development of the arts of karate and tae kwon do in the United States"--Provided by publisher.

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"Fundamentals of Freestyle Goju Ryu" is the first karate book to take the classroom to the student. You not only get the benefits of a complete karate book but when you buy the book you also get access to an interactive, members-only website. In this groundbreaking book, you will find chapters on the history of karate, basic techniques, advancement requirements as well as step-by step instructions for every kata necessary to obtain your black belt. The techniques and katas contained in this book have been tested and proven to work for over 100 years. Great care has been taken to ensure you will not only learn these techniques, but will also understand why they work, and when to use them. This is not a book about tournament or sport karate. Sensei Sajnog teaches traditional Okinawan techniques, used for physical and mental growth, as well as self-defense. No book on karate has ever made learning so easy. It's like having a Sensei in your home 24 hours a day! Other karate books only show you pictures of the beginning and the end of each movement. "Fundamentals of Freestyle Goju Ryu" describes, in detail, each technique from start to finish. If you're ever in doubt or just want to check and make sure you're doing it right, log on to [Freestylegoju.com](http://Freestylegoju.com) and see a demonstration performed by Sensei Sajnog.

A well placed kick can mean the difference between victory and defeat in a fight! This illustrated guide to martial arts kicks provides the reader with a wealth of information on 89 different types of kicks from various styles. This martial arts book features kicks from Karate, Muay Thai, Taekwondo, Kung Fu, Kempo, Capoeira, Jeet Kune Do, and more. In a self defense situation there is no room for defeat. Readers will learn how to unleash a devastating barrage of kicks to throw their opponents off guard and leave every match in victory. The Essential Book of Martial Arts Kicks has one purpose: to help readers hone their kicking proficiency so that they can

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readily deploy the most powerful tool in the fighter's repertoire. It contains thousands of photos and diagrams to show readers exactly how to perform all of the 89 kicks inside this book. Packed with full color photos, detailed diagrams and a companion DVD featuring 50 of the most powerful kicks, this book is required reading for every martial artist who wants to sharpen and expand their kicking skills. You'll learn all about: Front Kicks Side Kicks Roundhouse Kicks Back Kicks Hook Kicks Crescent Kicks And many more!

**Bolinger KickBoxing (The Complete Training Manual) by Scott Bolinger** (kickboxing master with over 30 years experience in martial arts) **The Complete Kickboxing Manual By Scott Bolinger** This isn't about just teaching how to kick and punch, It is instructions on how to become a technician of the art. This is a instruction manual for the Bolinger Kickboxing System. Published in 2016 then revised in 2021. This has 394 pages and over 1000 pictures. This book goes threw many aspects of martial arts: Business building and fund raising, stretching, stances, punches and strikes, kicking, combinations, blocks, bridging the gap, exercise routines, how to make your own equipment, weight lifting, the 4 levels of boxing, medicine ball routines, speed drills, heavy bag drills, a self-defense course, rules and regulations for several combat sports and how to wrap your hands.

MMA Science has broken down the most effective techniques commonly used in MMA into specific behaviors so they can be easily taught and practiced to a level of proficiency. This is what is called a task analysis. MMA Science brings the first-ever belt ranking system to mixed martial arts. Through an organized curriculum that builds belt ranks off the fundamentals, our step-by-step descriptions, pictures, and videos allow mixed martial arts coaches and students to immediately put our system into action regardless of their experience. Moreover, our system offers a simple

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measurement process that allows coaches to objectively measure each technique during preparation or testing. The result, accelerated learning through an organized and transparent path to achieving belts.

Taekwondo is unlike any other martial art and it deserves some special attention because of its importance as a sport with a unique history and influence. This anthology, as part of our projects to provide stellar articles from the Journal of Asian Martial Arts, provides high quality materials about taekwondo you will not find elsewhere. Topics include facets of taekwondo history, practice, competition, health, education, character, techniques, and sport/athletics. You'll find the notes, bibliographies, illustrations, and index are also valuable. We have been very fortunate to include the writings of Dr. Willy Pieter, a pioneer in the scientific study of taekwondo. Other articles in this book provide details of taekwondo history, such as the detailed work by Dakin Burdick. The earlier version as published in the journal caused quite a stir among Korean martial art aficionados, particularly in the clear exposition that taekwondo's roots are found in Japanese/Okinawan traditions. Some chapters focus on specific techniques, especially the pieces by Udo Moenig, Louis Bercades and Willy Pieter. The interview by José Suporta with Juan Moreno is very insightful as it includes a discussion of the differences of taekwondo practices for the martial



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artist and sport athlete. In her chapter, Marzena Czarneca uncovers the social relationships that often develop between students and teachers. The emotional and psychological bonds formed during classes are often difficult to notice and define, but she does so with a unique research methodology. Van Reenam's chapter gives a refreshing portrait of childhood development through taekwondo practice. His conclusions will benefit those who teach, as well as the youngsters and parents involved in taekwondo. Authoritative works dealing with taekwondo are published occasionally. This book is a milestone in taekwondo literature. Hopefully you will enjoy reading each page of this important anthology. Besides being a convenient collection of special readings on taekwondo, we also hope the chapters will inspire future research and writing in this field.

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examples of the Gup and Black Belt testing requirements and score sheets at all Black Belt Dans and example Black Belt testing scoring sheets and test programs for the first several several Gup tests and the Cho Dan Bo test and scoring sheets and all Black Belt Dan testing requirements thru 9th Dan Black Belt. This manual has the information for an instructor to create a new school or organization and produce students, Instructors and Master Instructors consistent in performance, knowledge, understanding, experience, wisdom, patience, humility, quality and effectiveness with those from local, national and international Tang Soo Do organizations. This manual is not for the student who has no need for this information and is unable to grasp its significance for opening a new martial arts school or creating a new martial arts organization. "Karate Wise - a technical guide to teaching self defense" is a reference manual that is simple and wise. Studying Karate Wise will empower you to teach others how to defend themselves practically and effectively. 80% of the students participating have a special need, including autism. Learn basic karate techniques in full color and greatly detailed descriptions and in turn, learn instructional information including students' obstacles, patterns of behavior, and secrets to teaching traditional karate. Learning tips, teaching tips, and Karate Wise Tips help you along the way. Karate Wise allows you to

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"create your own" Karate Wise classes for others and to help others learn basic and essential self-defense information. Sensei Green's exclusive experience of making U.S. Karate (USANKF) history fifteen times with those with disabilities elevates Green as one of the foremost experts in the world of teaching those with special needs. Furthermore, Green taught the first person on the U.S. Karate Team with Autism and his student competes at the International (PKF) and World Karate Federation (WKF) levels currently in the Para divisions representing the United States. Green believes that if people with special needs can learn martial arts then anyone can! All it takes is the correct information delivered in a easy-to-understand format that is duplicatable. Karate Wise delivers like no other previous reference manual in existence. A study guide for students.

This enduring bestseller, written over six months when Lee was bedridden with back problems, compiles philosophical aphorisms, technique explanations, and sketches by the master himself. The martial arts are shrouded in the mystique of Asian lore and nuances. Information is well-known by experienced practitioners, but is often kept as an "open secret" among themselves. Aikido is a self-defense martial art (budo) methodology established in Japan by Morihei Ueshiba (O'Sensei; 1883-1969), who blended his techniques and weapons

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effective form of self-defense that equalizes size, strength, age and gender. Therefore, An Open Secret provides a proven learning methodology for Aikido that can be used by people of all ages, children and seniors alike, and can become a permanent lifestyle for its practitioners with improved physical and spiritual health. Aikido must be felt and experienced in order to understand the power behind this martial art form. Physical training awakens the Aiki spirit within the student who develops physical skills as a way to understand the "mystery" behind the techniques. Its students can embrace spiritual enlightenment by drawing on this knowledge time and time again. Tony shares his experience and wisdom by giving the reader a practical guide and supporting photos and illustrations to most training situations -- a resource he wished he had at his fingertips when starting out decades ago. The reader is taken under his wing, much like a seasoned co-worker would help a newbie learn the ropes at work. He provides unbiased information on common etiquette, student responsibilities, dojo design, proper training apparel, the relationship between student and teacher and between students, training tools and weapons, rank examination, the Aiki spirit, and fundamental training concepts essential to learning Aikido and ultimately the Aiki way. Other topics include step-by-step pointers on selection and care of the uniform (the Aikido gi and hakama),

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