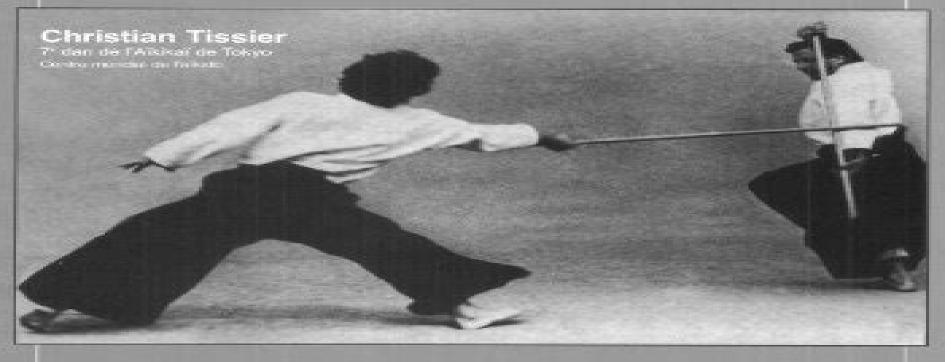
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Bibliographie de la France ,1983 Aikido Principles Stefan Stenudd, 2008-11 Aikido is the peaceful martial art Its defense techniques should be so gentle that even the attacker is delighted. There is no competition since each participant should be a winner It s an art that lasts a lifetime getting increasingly fascinating by each year This book presents the principles and fundamental concepts of aikido deeply rooted in Eastern philosophy and the refined ideals of the samurai It explores all the Japanese traditions and martial art essentials at work in aikido practice. The first part of the book examines the aikido principles for how to find the peaceful solution and how to enjoy aikido practice to the fullest The second part explains the Japanese concepts used in aikido such as do the way ki life energy tanden the center and many more There is also a chapter about kototama the spiritual cosmology that was essential to Morihei Ueshiba the founder of aikido The third part includes Osensei's Rules for Training the Budo Charter and an aikido glossary The book was previously published as Aikido The Peaceful Martial Art Stefan Stenudd is a 6 dan Aikikai aikido instructor Vice Chairman of the International Aikido Federation member of the Swedish Aikikai Grading Committee and the Swedish Budo Federation Board who has practiced aikido since 1972 He is also a writer of both fiction and non fiction Aikido fondamental Christian Tissier, 1988 Revue de médecine et d'internat ,1985 Aikido officiel Kisshōmaru Ueshiba, Moriteru Ueshiba, 2004-02-23 Avec ce premier livre Moriteru Ueshiba gardien et responsable de la puret de l a kido affirme les bases de l art telles qu elles sont enseign es au japon A destination des d butants comme des enseignants cet ouvrage pr sente les techniques de pr paration la pratique les techniques fondamentales et celles de base Un second ouvrage d di aux techniques avanc es compl te ce livre

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