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In this technique « ninin dori », it is clear that two adversaries become one. Moreover, to be effective, techniques have to be performed with the whole body, not simply the arms. An aikidoka must use the whole body. Each part: the arms, hips, feet ..., needs to work together when performing a technique.

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Livre Technique Aikido 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

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Livre Technique Aikido Gary Bennett is ranked as a 10th-degree black belt (Judan) and Soke (Grandmaster) of Teijitsu Aikido, the system he founded in 1989. His memberships have included the

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New World Martial Arts Association, the Eastern U.S.A. International Martial Arts Association (EUSAIMAA), the Bushido-Brotherhood Martial Arts Society, and the World Head of Family Sokeship Council (WHFSC).

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L'auteur vous transmet dans ce livre bien plus que la maîtrise technique de l'aïkido, il vous invite à comprendre ses réflexions qui sont indispensables pour appréhender cet art. Réédité par Budo, ce livre est à découvrir dans la collection Aikido.

Les meilleurs livres sur l'aikido

Ce livre est un ouvrage technique illustré sur l'art de l'aïkido. Il

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est à la fois un ouvrage clair sur les principes et les techniques d'aïkido et la suite du précédent ouvrage de l'auteur.

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Luta Livre (Portuguese: [ˈlute ˈlivɾi], lit. freestyle fighting), known in Brazil as Luta Livre Brasileira (lit.Brazilian freestyle fighting) and also Luta, Brazilian Submission Wrestling or Luta Livre Submission, is a Brazilian martial art created by Euclides Hatem in Rio de Janeiro. Primarily a mixture of catch wrestling and judo, there is also striking with the hands, feet, knees and elbows.

Luta Livre - Wikipedia

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For the first time: an aikido book that focuses on the attack techniques! Although aikido is a purely defensive martial art, attack techniques need to be practiced in order for the training partners to exercise the defense against them. And for the aikido skills to increase, the attacking skills must improve accordingly.

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