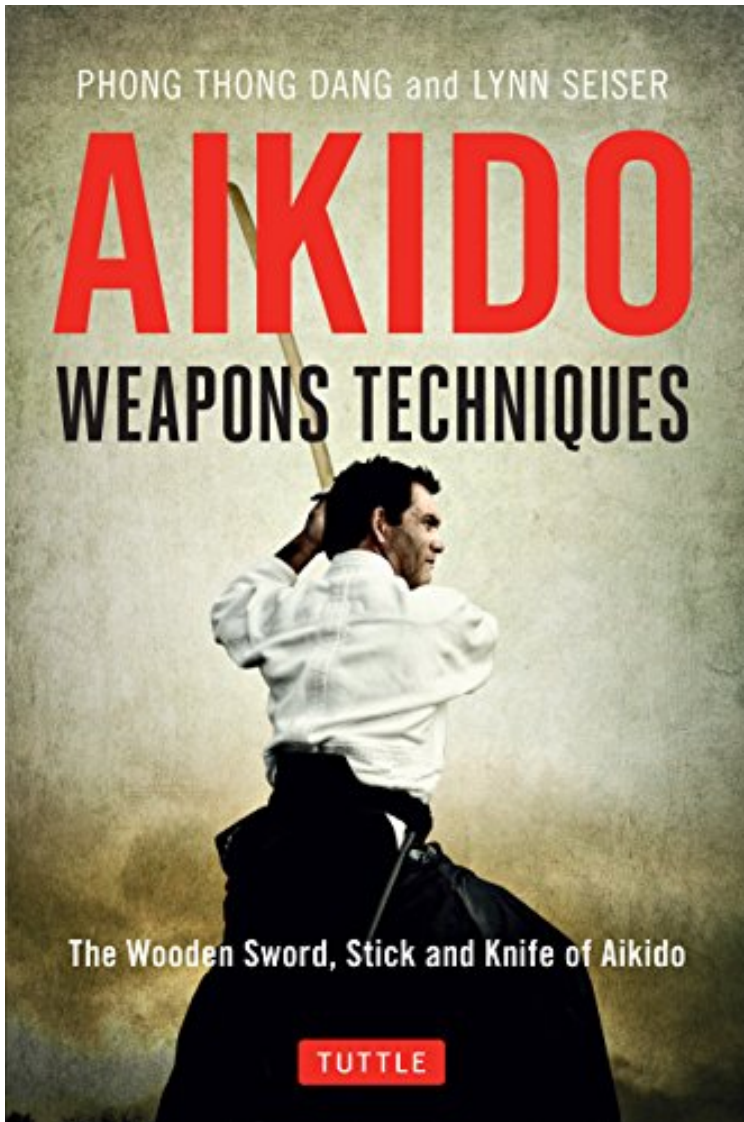


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Aikido Weapons Techniques: The Wooden Sword, Stick, and Knife of Aikido



*Par Phong Thong Dang, Lynn Seiser
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Description :

Prsentation de l'diteurMaster the wooden weapons used in Aikido with this comprehensive martial arts training manual. Although aikido is often thought of as a nonviolent, noncompetitive martial art, the use of weapons was introduced by the art's founder O'Sensei Morihei Ueshiba. In fact, aikido techniques that use wooden weapons can enrich all aspects of your practice, helping you to understand both basic and advanced aikido technical tactics as well as conceptual strategies and skills.Building on the authors' belief that no empty-hand system is complete without weapons training, Aikido Weapons Techniques: The Wooden Sword, Stick, and Knife of Aikido demonstrates weapon use both as a training tool to better illustrate aikido

principles, and as a self-defense against weapon attacks, focusing on the three primary weapons used in aikido: the wooden sword, the wooden staff, and the wooden knife. A complete discussion of each weapon is included, with descriptions of the stances, grips, techniques, forms, defenses, and training appropriate for each. With over 200 step-by-step photographs and detailed instructions, this aikido book provides an in-depth exploration of weapons use in aikido from its spiritual implications to technical theory and practical use.

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Biographie de l'auteur PHONG THONG DANG Phong Thong Dang holds a sixth degree black belt in Aikido, a sixth degree black belt in Taekwondo, a fifth degree black belt in Judo, and an eighth degree black belt in Vietnamese Shaolin Kungfu. The World Martial Arts Hall of Fame inducted Phong twice: once for his expertise in Aikido and again for his lifelong dedication to the martial arts. He has been featured in *Karate Illustrated*, *Aikido Journal*, *Aikido Today*, *Martial Arts and Combat Sports and Black Belt*. He has practiced martial arts for over fifty years and currently teaches in southern California. Lynn Seiser is an internationally respected psychotherapist, consultant and trainer. Seiser has over three decades of martial arts training and experience. He currently holds the rank of Sandan (third degree black belt) in Tenshinkai Aikido under Sensei Phong Thong Dang.