

a guide to aikido pdf

The book: Aikido Principles Basic Concepts of the Peaceful Martial Art, by Stefan Stenudd Aikido is a martial art unlike any other. It contains no attacks, only defense, and this defense should be so gentle that even the attacker is delighted by it.

Aikido Principles - Basic Concepts of the Peaceful Martial Art

ing was a thing to do for practical reasons, not legal reasons. However, laws are chang-ing. Bullying is the same as and in some cases more detrimental than harassment. Are you a bully?

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