

# Aikido Techniques Tactics Martial Arts Series

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## Black Belt - 1997-03

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 martial arts figure in the world.

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## When the Fight Goes to the Ground - Lori O'Connell 2013-02-12

This instructional Brazilian Jiu-Jitsu book with downloadable video offers a complete guide to ground fighting principles and techniques to use when the fight goes to the ground. In a street defense scenario, the ground is a dangerous place to be. While it's a good idea to actively learn defensive strategies for ground fighting, it is important to put those skills into the context of how you want to use them. Whether you're an

experienced submission-grappling competitor, a traditional martial artist training in a stand up striking style, or law enforcement professional, Ground Defense provides you with an essential system of self-protection for street-oriented ground scenarios. When the Fight Goes to the Ground establishes the risks and hazards of various ground defense scenarios, presenting effective strategies for neutralizing and minimizing them. You will learn a wide range of tools for defense, including the targeting of vital areas, body shifting/control techniques, and the concept of "weapons of opportunity." All of these techniques are easy to learn and apply, providing an adaptable skill set for anyone, regardless of size, strength or gender. These tools are then shown in various combinations, with examples of how to use them against specific types of attacks, including simple hold-downs, ground and pound, submission grappling pins, chokes, arm locks, leg locks, knife attacks and multiple assailant scenarios. In addition, this martial arts book gives you useful training suggestions and regimens, addressing graduated skill development, challenges presented by different body types, and safety practices at all levels of training.

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*Black Belt* - 1997-02

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Mastering Judo - Masao Takahashi 2005

Authored by the Takahashi family, who combine more than 200 years of experience teaching, coaching, and competing in judo, this book provides an in-depth description of judo history, culture, philosophy, techniques, tactics, training, and competition. 200 photos.

**Aikido Weapons Techniques** - Phong Thong Dang 2012-12-04

Master 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: Ken—the wooden sword Jo—the wooden staff Tanto—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.

**Black Belt** - 2000-06

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**Black Belt** - 1996-05

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**The Secrets of Police Aikido** - Bill Sosa 1997

Due to its nonaggressive nature, aikido is rapidly becoming the martial arts form most preferred by law enforcement officers. Now, all readers can learn valuable skills needed to thwart an attack and subdue an aggressor in *The Secrets of Police Aikido*. In aikido, it is preferable to move out of the way of a punch, and it makes more sense to quickly take a person down, rather than stand toe-to-toe and punch it out. Readers of this book will develop a better sense of awareness and learn to control a situation by moving to positions of advantage and readiness. Chapters discuss the history of aikido, warm-up exercises, rules to keep in mind when approaching an opponent, maintaining self-control, and techniques for handling virtually any situation a reader may face. Anyone interested in the martial arts will find *The Secrets of Police Aikido* both valuable and necessary.

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**The Complete Step-by-Step Guide to Martial Arts, Tai Chi and Aikido** - Fay Goodman 2011-06

Presents a guide to the theory and practice of a variety of martial arts, providing step-by-step sequences, the history of each martial art, information on equipment and clothing, and advice for choosing the best martial arts discipline to study.

**Martial Arts For Dummies** - Jennifer Lawler 2011-05-09

There's plenty of good reasons that millions of people around the world study martial arts. Besides the fact you can get a great workout when you study a martial art, you may also experience a rewarding balance between your mind, body, and spirit that you just won't find anywhere else. Plus, it can be a lot of fun! No matter what shape you're in, martial arts is a great way to drop extra pounds, learn to defend yourself, and develop personal and physical discipline. Whether you're already studying a style of fighting or you're just considering it, you'll find everything you need to know in this helpful, friendly guide (including which movies to check out!). The book breaks down the differences and presents the basics of each style of fighting, so you can make an informed choice about which style you want to study. You'll also find out what makes for a good instructor, so you can be sure that you're learning from the best. And there's much more. You'll find out: What martial arts is and is not Five resolutions you must accept Understanding the role of

the instructor How to set goals for yourself All about the proper clothes, shoes, and equipment How to prevent injuries The philosophy of self defense All about competing in tournaments About Meditation and breathing techniques The lowdown on weapons There's also a helpful glossary of foreign-language terminology that you'll frequently encounter in the dojo - that's the training hall - so you'll always be prepared. Whether you're looking for a new way to get in shape, or a new way to sharpen your mind, *Martial Arts For Dummies* is all you need to get started in Karate, Kung Fu, Tae Kwon Do, or any other style!

**Black Belt** - 2000-04

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Freestyle Sparring - Woo Jin Jung 2000

Techniques and tactics for a competitive edge.

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marital arts figure in the world.

**Martial Arts** - Claudio A. Iedwab 2000

"Martial Arts Mind & Body combines the best mental and physical training principles of various martial art forms to enhance performance. Centered on the Japanese concept of kiai, the book explains how to unite your mental, physical, and spiritual energies. As a result, you will be able to: sharpen concentration and awareness, improve your ability to learn new skills, perform better in training and competition, and remain focused under stress." "As you learn how to integrate the energy of the mind and body, you will increase your resistance to fatigue, discomfort, and distraction. You'll also learn techniques to control the body's responses to respiration, metabolism, and muscle relaxation."--Jacket.

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**Aikido Basics** - Phong Thong Dang 2011-12-20

Get your aikido training off to a great start—from basic footwork and throws to training and demonstrations. This martial arts guide is a perfect introduction to aikido for beginners. Are you ready to learn aikido, but don't know where to begin? Are you intimidated by the unfamiliar terms or the powerful aikido techniques? With Aikido Basics you'll become an expert in this Japanese martial art in no time! Whether you are considering taking up this martial art, or you've already started, this aikido book offers an easy, yet comprehensive introduction to everything you need to know to feel confident and be successful. You'll learn about: The origins of aikido—philosophy, history and different styles What really happens in an aikido class—invaluable tips on choosing the right school, getting ready for your first class, and basic training methods The essential elements—stances, strikes, grabs, throws, and pins How to complement your aikido training—ki exercises, multiple-person training, and freestyle exercises Effective ways to succeed in aikido—create a training program, test for belt promotion, and participate in competitions and tournaments Resources—help further develop your aikido training

Aikido Techniques & Tactics - Gary Bennett 1998

Provides instructions for effective self-defense, covering parries, blocks, counterstrikes, breakouts, and weapon defenses

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*Aikido and the Dynamic Sphere* - Adele Westbrook 2012-10-16

*Aikido and the Dynamic Sphere: An Illustrated Introduction* provides a

complete foundation in the practice of one of the most distinctive and effective Japanese martial arts. Aikido was created in Japan in the 1920's by Morihei Ueshiba, also known as Osensei. To possess the skills, techniques and attitude of the true practitioner of aikido, one must achieve a very high level of integration of the powers of mind and body, the harmonious combination of physical means and ethical motives. By controlling body position and learning how to harmonize vital physical and mental powers, anyone (regardless of size, strength or weight) can fend off attacks using this sophisticated martial art. Written and illustrated by husband/wife team, Oscar Ratti and Adele Westbrook, *Aikido and the Dynamic Sphere*, with over 1,200 illustrations, includes many Aikido techniques in chapters such as: What is Aikido? The Foundations of Aikido The Practice of Aikido The Basic Techniques of Neutralization Advanced Practice And more!

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