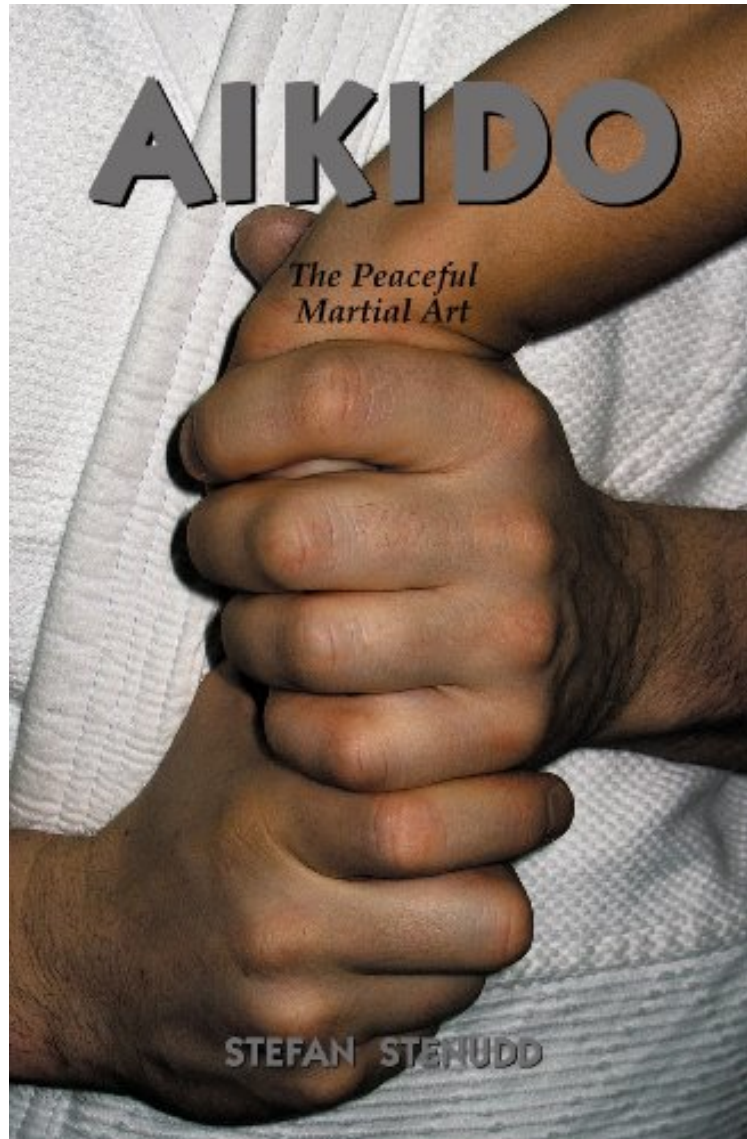


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Aikido: The Peaceful Martial Art (English Edition)

Von Stefan Stenudd

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Von Stefan Stenudd : Aikido: The Peaceful Martial Art (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Aikido: The Peaceful Martial Art (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Aikido - Digging DeeperVon KonstantinI am a 3rd Dan in Aikido and still, reading this book gives me a lot of "Aha"s again and again. There are actually no instructions on how to dothe different aikido techniques. (Better than from any book, you willlearn this from your aikido instructor.) This book focuses instead onaikido theory, but in a way that should be

readily applicable in practice. All the basic aikido principles and their practical and philosophical implications are presented in an inspiring and easy-to-understand way. Based on his over 30 years of studies and experiences as an aikido practitioner and teacher, the author presents the basic concepts in aikido, such as do, the way, ki, life energy, tanden, the center, the polarities of irimi/tenkan and omote/ura, the significance of maai, aiki, kinagare, takemusu, and so on. There is also a well-spread German PDF-version of the book: "Aikido - die friedliche Kampfkunst". 0 von 0 Kunden fanden die folgende Rezension hilfreich. The Neverending Story Von Sylvia Mucke Normally I am not much for reading about such things. I am more for doing them. You want to NOT start something new? My advice: Buy a book about it before you start. It's usually a very good preventative, as it will by any luck stop you from falling for it. No worries about this book, though. You're not practising Aikido yet? Just go ahead. This book will definitely not prevent you from really getting unbearably curious and wanting to try (to feel) for yourself. Well, and it's ' thanks to Stefan Stenudd's unique approach and style ' an irresistible and ever inspiring read for 'old hands' at Aikido as well. Fellow travellers are bound to enjoy this personal narrative of a neverending journey of discovery.

Kurzbeschreibung Aikido is the peaceful martial art. There are no attacks in aikido, only defense, and this defense should be so gentle that even the attacker is delighted by it. It is an art that takes a lifetime to learn, and it gets 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. The first part of the book examines the aikido principles of 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 ki, life energy, tanden, the center, and many more. There is also a chapter about kototama, the spiritual cosmology that was central to the founder of aikido. The third part includes an aikido glossary. A revised edition of this book is published with the title "Aikido Principles: Basic Concepts of the Peaceful Martial Art." (KINDLE edition: Some formatting errors have been corrected on September 17, 2011, to make the book and its images display properly.) Stefan Stenudd is a Swedish aikido instructor, 6 dan Aikikai, and member of the Swedish Grading Committee, the Swedish Budo Federation Board, and the Directing Committee of the International Aikido Federation. He has practiced aikido since 1972. He is also a writer of both fiction and non-fiction.

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ber den Autor und weitere Mitwirkende Stefan Stenudd is a Swedish author, historian of ideas, artist, and 7 dan Aikikai shihan instructor of the peaceful martial art aikido. He has published a number of books, both fiction and non-fiction. Among the latter is an interpretation of the Chinese classic Tao Te Ching, and of the Japanese samurai classic Go Rin no Sho by Miyamoto Musashi. His novels explore existential subjects from stone-age drama to science fiction, but lately stay more and more focused on the present. He has also written some plays for the stage and the screen. As a historian of ideas he studies the thought patterns of creation myths, as well as Aristotle's Poetics.