

# AIKIDO TRAINING MANUAL

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12 dec 2010 ...aikido. the beginner's guide. arrival at the dojo. please be punctual. enter the dojo (the practice location) and be on the tatami (mat surface) at ...

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aikido is to train, when injured, no training is possible. 3. practice at all times with a fe~ling of pleasurable exhilaration. 4. polish and perfect each movement ...

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aikido training is to challenge yourself, not the other. you will develop confidence by facing your fears, and negative fighting spirit will become creative i~ghting ...

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