



## Attacks in Aikido: How to Do Kogeki, the Attack Techniques

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By Stefan Stenudd

BookSurge Publishing. Paperback. Book Condition: New. Paperback. 190 pages. Dimensions: 7.9in. x 5.3in. x 0.6in. For the first time: an aikido book that focuses on the attack techniques! Although aikido is a purely defensive martial art, attack techniques need to be practiced in order for the training partners to exercise the proper defense against them. And for the aikido skills to increase, the attacking skills must improve accordingly. This book presents all the attacks, kogeki, practiced in aikido - grips as well as strikes, punches, and kicks. Also attacks with ken, the sword, jo, the stick, and tanto, the knife, are included. Each of these attack techniques is examined in depth, with lots of advice and pointers for beginners as well as advanced aikido students. The book also contains commented lists of all possible combinations of attack and defense techniques. A dictionary of the aikido terminology is included. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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