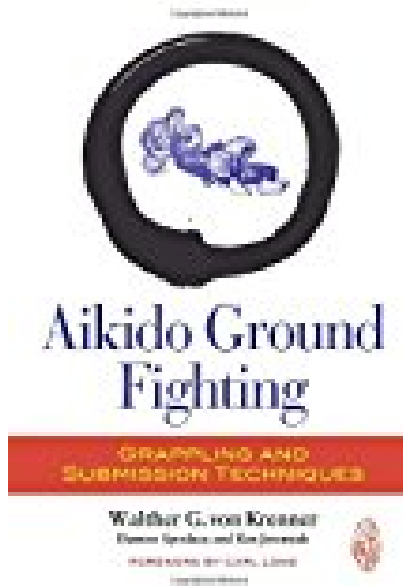


Aikido Ground Fighting Grappling and Submission Techniques



BOOK DETAILS

- Author : Walther G. Von Krenner
- Pages : 216 Pages
- Publisher : Blue Snake Books
- Language : English
- ISBN : 1583946063

 [DOWNLOAD](#)

BOOK SYNOPSIS

Aikido Ground Fighting presents effective ground techniques that remain true to aikido founder Morihei Ueshiba's teachings while addressing a potential weakness in the system: while aikido is renowned for its submission and compliance techniques as well as grappling from a standing position, it is not known for its effectiveness when it comes to ground fighting. Aikido Ground Fighting is a unique look at the roots of aikido techniques (in particular, the kneeling practices of suwari-waza) and how they might be applied to defense on the ground. Written by a direct student of Morihei Ueshiba in collaboration with other aikido teachers, this book remains steadfastly true to the founder's teachings while presenting innovative and effective techniques. Containing never-before-published pictures of Ueshiba as well as step-by-step photographs clearly demonstrating techniques, Aikido Ground Fighting is designed for aikido students looking to become more well-rounded martial artists as well as practitioners of all martial arts seeking effective self-defense techniques. From the Trade Paperback edition.

AIKIDO GROUND FIGHTING GRAPPLING AND SUBMISSION TECHNIQUES -

Are you looking for Ebook Aikido Ground Fighting Grappling And Submission Techniques? You will be glad to know that right now Aikido Ground Fighting Grappling And Submission Techniques is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product. Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Aikido Ground Fighting Grappling And Submission Techniques may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Aikido Ground Fighting Grappling And Submission Techniques and many other ebooks. We have made it easy for you to find a PDF Ebook without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Aikido Ground Fighting Grappling And Submission Techniques. To get started finding Aikido Ground Fighting Grappling And Submission Techniques, you are right to find our website which has a comprehensive collection of manuals listed.