



The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido

By Greg O'Connor

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In the past twenty years, the Aikido population has increased tremendously in the United States, primarily because of the vast number of comprehensive American instructors. Greg O'Connor walks the reader through the history and philosophy of aikido. He then, in short chapters peppered with photos and illustrations, answers common questions about etiquette, training methods, and, in general, "what to expect" when practicing aikido.

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Editorial Review

Review

"The purpose of studying aikido is not only to gain physical ability. We practice for the deeper reason to become better human beings. For that reason I highly recommend this *Aikido Student Handbook* by Mr. Greg O'Connor. I believe this book will be beneficial not only for those who are just starting Aikido, but for those already involved and particularly for those who hold teaching positions."

- Yoshimitsu Yamada

About the Author

Greg O'Connor is founder and chief instructor of Aikido Centers of New Jersey/Aikido Centers Inc. Dedicated to Aikido for over 30 years he is one of the few full-time professional Aikido teachers in the United States. He currently holds the rank of 6th Dan and certified through Aikido World Headquarters, Tokyo (Aikikai Hombu).

Users Review

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Alan Dougherty:

This The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is actually information inside this publication incredible fresh, you will get facts which is getting deeper you actually read a lot of information you will get. This particular The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido without we understand teach the one who examining it become critical in pondering and analyzing. Don't be worry The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido can bring if you are and not make your bag space or bookshelves' become full because you can have it inside your lovely laptop even telephone. This The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido having great arrangement in word along with layout, so you will not sense uninterested in reading.

Maria Tate:

This The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido are reliable for you who want to certainly be a successful person, why. The explanation of this The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido can be one of many great books you must have is usually giving you more than just simple reading food but feed an individual with information that probably will shock your previous knowledge. This book is actually handy, you can bring it all over the place and whenever your conditions throughout the e-book and printed types. Beside that this The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido giving you an enormous of experience for instance rich vocabulary, giving you test of critical thinking that we all know it useful in your day activity. So , let's have it appreciate reading.

Mary Molinari:

The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido can be one of your beginner books that are good idea. Most of us recommend that straight away because this book has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to get every word into pleasure arrangement in writing The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido yet doesn't forget the main stage, giving the reader the hottest along with based confirm resource details that maybe you can be one among it. This great information can certainly drawn you into brand-new stage of crucial contemplating.

Anthony Balentine:

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