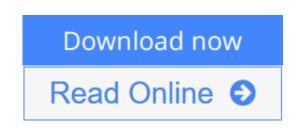


### The Aikido Student Handbook: A Guide to the Philosophy, Spirit, Etiquette and Training Methods of Aikido

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 spirit, Etiquette and Training Methods of Aikido can bring if you are understand teach the one. 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.

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#### Mary Molinari:

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