



# New Aikido Complete: The Arts of Power and Movement

Yoshimitsu Yamada, Steven Pimsler

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## New Aikido Complete: The Arts of Power and Movement

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New Aikido Complete: The Arts of Power and Movement Yoshimitsu Yamada, Steven Pimsler Illustrations and step-by-step instructions are combined in a comprehensive guide to the nature and basic movements of aikido and aikido etiquette, hand positions, and attack techniques.



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