



Aikido and The Dynamic Sphere: A Complete Introduction Guide to: Aikido-Martial Arts-Aikido Techniques-Aikido Mysteries (Aikido, Martial Arts, Aikido and ... Martial Arts, Aikido in Everyday Life)

Ang Chang

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Discover how to learn Aikido & Martial Arts for Self Defense, Good Health and Inner Peace

Today only, get this Amazon book for just \$2.99 for a limited time. Regularly priced at \$5.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

You're about to discover the proven strategies on how to learn and train yourself to learn Aikido right from the beginning, building your basics and practice to perfection. Learn the resources used by pros and how to use them to improve your skills. For your learning, figures and pictures are drawn which will make you understand the basic poses, etiquettes to execute it to perfection. Aikido is very interesting art and millions of people wish to learn it. Many of them get nervous since they don't know how to learn or they think it's very difficult to practice. Aikido and Martial Arts are not just art but they are way of life.

The truth is, people have no idea that there are smart ways to learn Aikido fast and perform it like a pro in matter of few days. All they need is awareness and proven strategies that will help them build strong Aikido basics and enjoy it for life. This book goes deep into step by step proven strategies that will help train your mind, build fundamentals and take control of the art and your life.

We're going to outline these tips and techniques in an easy to follow way, and give you some ways that you can learn Aikido skills easy enough for anyone to learn and master.

Here Is A Preview Of What You'll Learn...

- Main Techniques of Aikido
- The “Hara & Ki”
- Unification of Mind and Body- The Unbendable Arm
- Potential & Benefits of aikido
- Levels of Ethics of Self Defense of aikido
- Attacks and its forms- Armed and Unarmed Attacks
- The process of defense and its factors
- Role of Mind
- The principles of aikido

- Train your body, mind and soul
 - And many more!

- **Download your copy today!**

Take action right away to learn the art of Aikido now by downloading this book "Aikido and Dynamic Sphere: A Complete Introduction Guide for Aikido and Martial Arts", for a limited time discount of only \$2.99! Hurry Up!!

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