



## Attacks in Aikido: How to Do Kogeki, the Attack Techniques

By Stefan Stenudd

BookSurge Publishing. Paperback. Book Condition: New. Paperback. 190 pages. Dimensions: 7.9in. x 5.3in. x 0.6in. For the first time: an aikido book that focuses on the attack techniques! Although aikido is a purely defensive martial art, attack techniques need to be practiced in order for the training partners to exercise the proper defense against them. And for the aikido skills to increase, the attacking skills must improve accordingly. This book presents all the attacks, kogeki, practiced in aikido - grips as well as strikes, punches, and kicks. Also attacks with ken, the sword, jo, the stick, and tanto, the knife, are included. Each of these attack techniques is examined in depth, with lots of advice and pointers for beginners as well as advanced aikido students. The book also contains commented lists of all possible combinations of attack and defense techniques. A dictionary of the aikido terminology is included. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

DOWNLOAD



READ ONLINE

[ 8.49 MB ]

### Reviews

*This kind of publication is every little thing and taught me to searching in advance plus more. I have got study and i am confident that i am going to going to go through yet again again down the road. I am just effortlessly could get a delight of reading a written pdf.*

-- **Mrs. Bonita Kuphal**

*Definitely one of the better book We have possibly read. We have read through and i also am certain that i am going to gonna study once again yet again in the foreseeable future. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Enrique Labadie**