



Dynamic Aikido (Bushido--The Way of the Warrior)

Gozo Shioda

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Aikido-a martial art deriving its effectiveness, like judo and karate, from the flow of ki

-- techniques that, when thoroughly mastered, enable the gentle to overcome the strong

-- exercise and sport for men and women of all ages, based on natural movements and harmony of mind and body

Ancient theory, modern practice: *Dynamic Aikido* brings together the whole spectrum of theoretical and applied aikido. Through it, one can become perfectly attuned to one's opponent, can sense his intentions and turn his movements to one's own advantage. Comprehensive and fully illustrated, *Dynamic Aikido* presents the basic postures and stances, fundamental techniques and applications: how to cope with a frontal attack, how to avoid an attack from the rear, how to sense and thwart the pickpocket. An essential companion for every beginner, a vital reference for students of all levels.



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