



**Aikido A beginner's guide to traditional aikido:
Aikido manual for beginners - b/w (Aikido -
Traditional Aikido Tai jutsu & Buki Waza)
(Volume 4)**

Mats Alexandersson

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Traditional Aikido originates in Iwama, Japan. Aikido was founded by O-Sensei, Morihei Ueshiba in 1942 in the village of Iwama. Traditional aikido is often referred to as Takemusu Aiki and is a martial art that combines empty handed techniques (tai jutsu) and weapons (buki waza), the sword and staff. This volume is a collection of excerpts taken from the three previous volumes on Traditional Aikido by Mats Alexandersson. This volume is a beginners guide to Traditional Aikido for students just embarking on their journey to learn Aikido.

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