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AIKITAIJI: SOFT OR INTERNAL MARTIAL ART

AIKITAIJI



Jack Livingston

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 434 pages. Dimensions: 9.9in. x 7.0in. x 1.2in. Aikitaiji is neither Aikido nor Tai Chi Chuan as commonly understood. Its not anything new either. Its a compilation that I found useful after deleting things that didnt work for me. Aikitaiji is a two-point perspective on soft martial art. The best example to distinguish Aikitaiji is the way we engage in the cooperative but slightly competitive practice...

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