



## Advanced Aikido (Tuttle Martial Arts)

*Phong Thong Dang, Lynn Seiser*

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**Advanced Aikido (Tuttle Martial Arts)** Phong Thong Dang, Lynn Seiser  
**Master Japanese Aikido with this illustrated martial arts guide.**

Aikido, while uniquely beautiful among the martial arts, is also deceptively powerful, effective, and efficient. Dedicated practitioners know that advanced training means not only striving to master techniques, but also developing a deeper understanding of the history, philosophy and concepts at the core of this martial art.

In *Advanced Aikido*, *Phong Thong Dang* and *Lynn Seiser* present an in-depth look at the complete art of Aikido, from the underlying theories that drive the techniques and strategies to advice on mastering the throws and locks fundamental to the art. Chapters in this Aikido book include:

- An in-depth look at the origins and philosophies of Aikido
- Discussion on utilizing ki to improve effectiveness
- Examination of fundamental theories and concepts essential to understanding Aikido
- Advanced techniques including throws and locks, counters and reversals, and combinations
- Effective strategies and skills for self-defense

With over 400 illustrations and detailed instructions from one of the leading teachers in the field, even the most experienced practitioners can benefit from the lessons in this book.

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