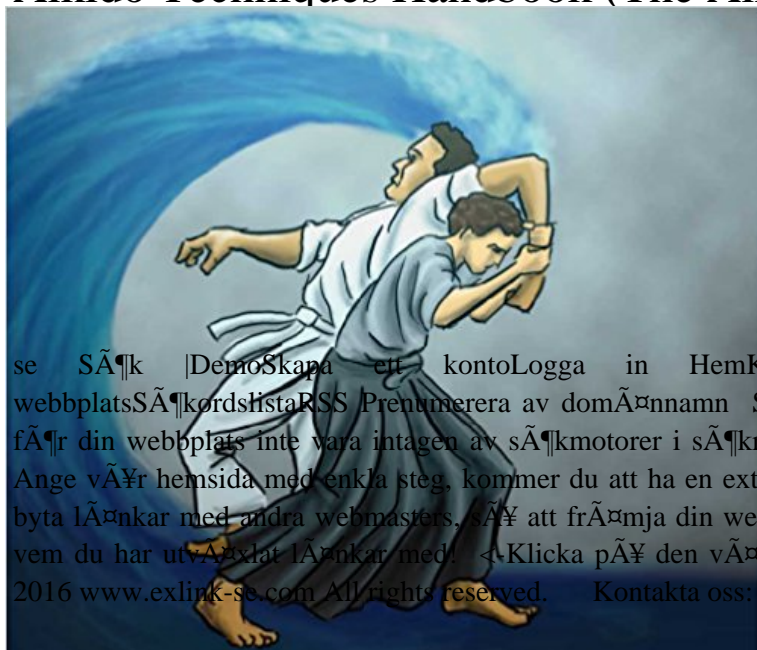


Aikido Techniques Handbook (The Aikido Journey 1)



This is a handbook of various aikido techniques including locks and throws. There are also several variations and advanced techniques described.

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