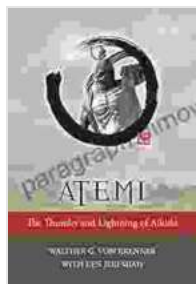


Atemi: The Thunder and Lightning of Aikido - Unleash the Hidden Power of Self-Defense



Atemi: The Thunder and Lightning of Aikido by Jane Smiley

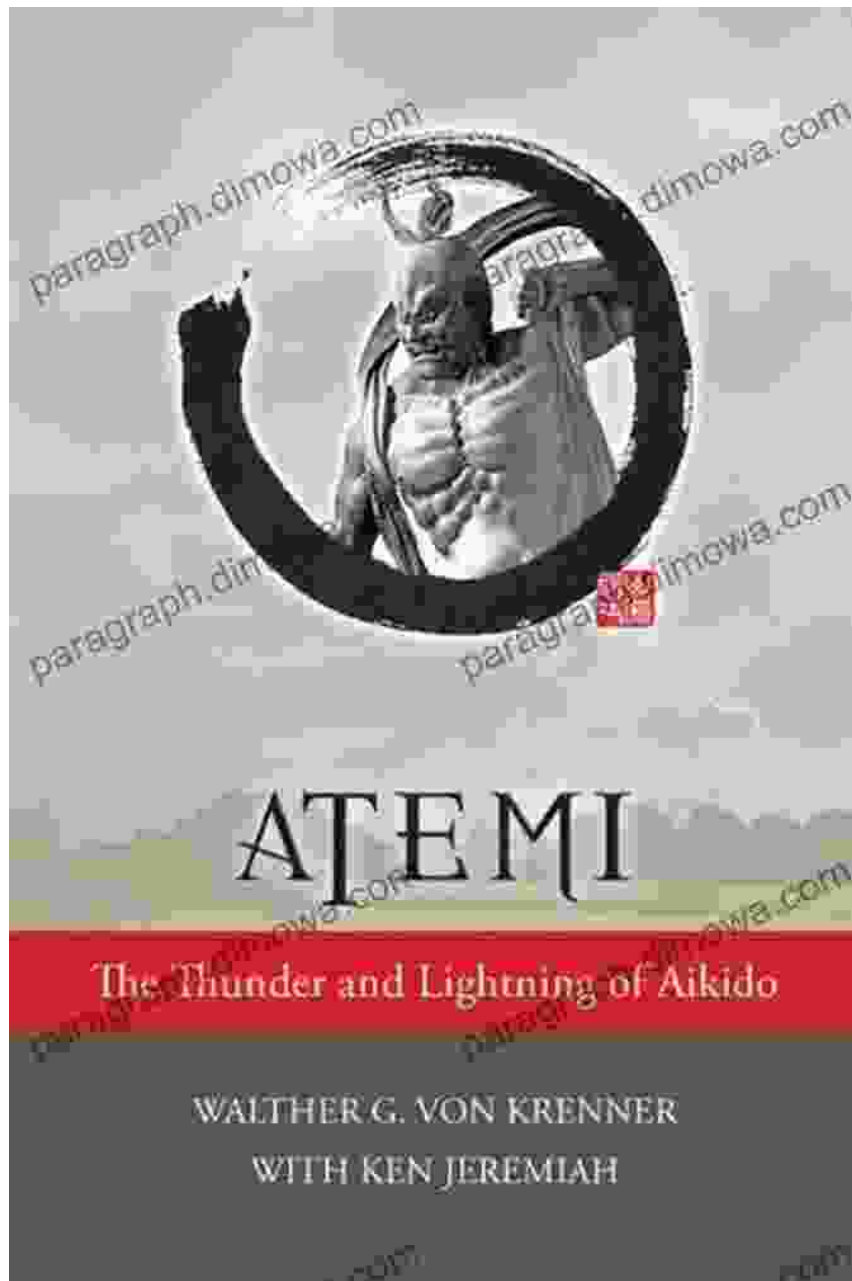
★★★★☆ 4.7 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
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Word Wise : Enabled
Print length : 387 pages
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Discover the Secrets of Pressure Point Strikes

In the realm of martial arts, Atemi stands as a formidable technique that harnesses the power of pressure points to subdue opponents with lightning-fast strikes. This comprehensive guidebook delves into the intricacies of Atemi, revealing the hidden power it holds for self-defense.

Aikido's Thunder and Lightning

Aikido, a renowned Japanese martial art, incorporates Atemi as a crucial component. By manipulating vital points, practitioners of Aikido can effectively neutralize attackers, regardless of their size or strength. This guidebook unveils the secrets of Atemi within the context of Aikido, empowering readers to harness its incredible potential.

Unveiling the Pressure Points

Learn the precise locations and functions of vital pressure points throughout the body. This detailed guide provides an in-depth understanding of the human anatomy and how Atemi can be applied to specific targets for maximum impact.

Step-by-Step Techniques

Master the art of Atemi with clear and concise instructions for various techniques. Each technique is meticulously described, accompanied by illustrative images to guide your practice. Whether you're a seasoned martial artist or a beginner seeking to enhance your self-defense skills, this guidebook caters to all levels of proficiency.

The History and Philosophy of Atemi

Explore the rich history and philosophy that underpins Atemi. Discover the origins of this ancient technique and gain insights into its profound significance in traditional martial arts. This guidebook provides a comprehensive overview of the cultural and philosophical roots of Atemi.

Benefits Beyond Self-Defense

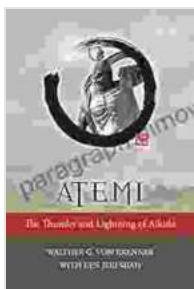
Atemi offers numerous benefits beyond its application in self-defense. Enhance your physical fitness, improve your coordination, and cultivate a heightened sense of awareness. This guidebook highlights the multifaceted advantages of Atemi, encouraging readers to embrace its transformative potential.

Essential Reading for Martial Arts Enthusiasts

Whether you're a dedicated Aikidoka or a curious martial arts enthusiast, "Atemi: The Thunder and Lightning of Aikido" is an indispensable resource. This comprehensive guidebook provides the knowledge and techniques necessary to unlock the hidden power of Atemi and elevate your self-defense skills to new heights.

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Don't miss out on the opportunity to master the transformative power of Atemi. Free Download your copy of "Atemi: The Thunder and Lightning of Aikido" today and embark on a journey of self-discovery and empowerment.



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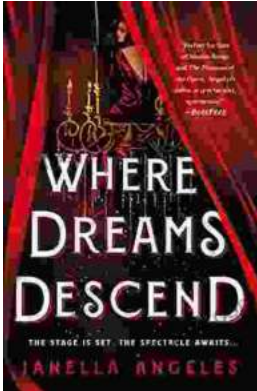
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