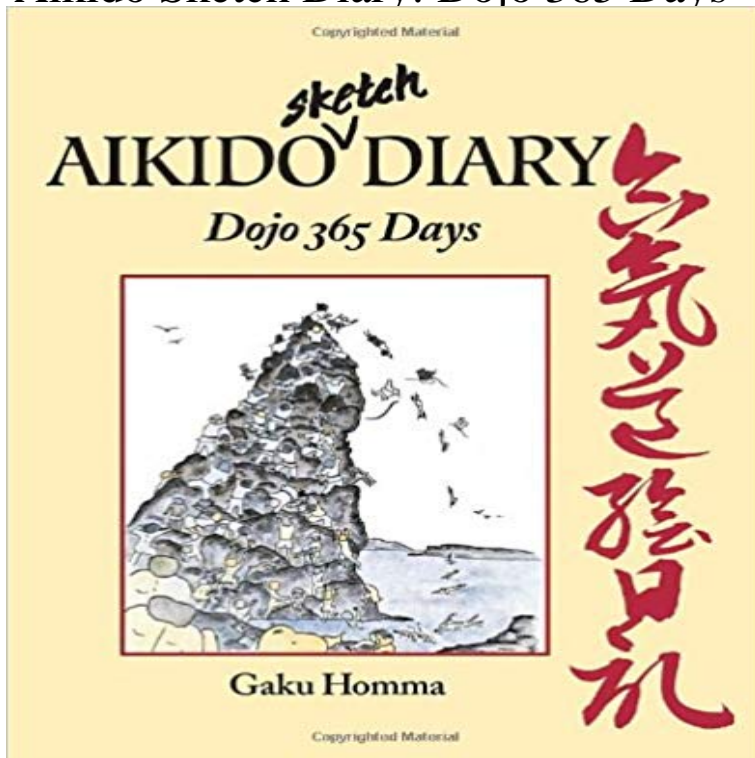


Aikido Sketch Diary: Dojo 365 Days



In Aikido Sketch Diary: Dojo 365 Days, Gaku Homma introduces his readers to the annual round of events at the Nippon Kan dojo, where the new member has the opportunity to practice in daily activities the spirit of Aikido beyond the mat. The section on uchideshi training describes goals and difficulties that lie along the path of any discipline. This book illustrates the basic Aikido belief that students learn and progress only by doing things for themselves.

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