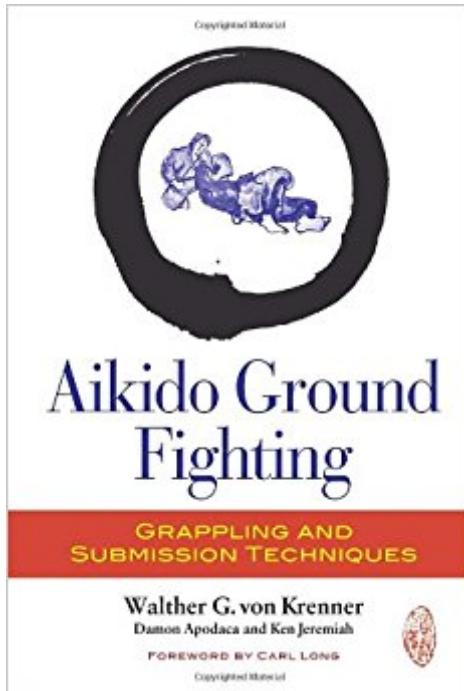


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# Aikido Ground Fighting: Grappling And Submission Techniques



## Synopsis

Aikido Ground Fighting presents effective ground techniques that remain true to aikido founder Morehei Ueshiba's teachings while addressing a potential weakness in the system: while aikido is renowned for its submission and compliance techniques as well as grappling from a standing position, it is not known for its effectiveness when it comes to ground fighting. Aikido Ground Fighting is a unique look at the roots of aikido techniques (in particular, the kneeling practices of suwari-waza) and how they might be applied to defense on the ground. Written by a direct student of Morihei Ueshiba in collaboration with other aikido teachers, this book remains steadfastly true to the founder's teachings while presenting innovative and effective techniques. Containing never-before-published pictures of Ueshiba as well as step-by-step photographs clearly demonstrating techniques, Aikido Ground Fighting is designed for aikido students looking to become more well-rounded martial artists as well as practitioners of all martial arts seeking effective self-defense techniques.

## Book Information

Paperback: 216 pages

Publisher: Blue Snake Books (May 14, 2013)

Language: English

ISBN-10: 1583946063

ISBN-13: 978-1583946060

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ See all reviewsÂ (18 customer reviews)

Best Sellers Rank: #105,148 in Books (See Top 100 in Books) #4 inÂ Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Shintoism #133 inÂ Books > History > Asia > Japan #217 inÂ Books > Sports & Outdoors > Individual Sports > Martial Arts

## Customer Reviews

Please let me start with the fact that I have been practicing aiki arts since 1995, and I read a lot of martial arts books. Now with that over with, on with the review. The aikido world desperately needed this book. What Mr. von Krenner et al did was argue that aikido IS a viable self-defense martial art. In order to be a viable martial art, you have to cover a range of self-defense aspects. Aikido can do this. Without insulting anyone, he describes how aikido has strayed from its original intentions and principles. When amongst fellow martial artists, and I say I do aikido they almost always go on to tell

me how it isn't a real martial art, how no one in MMA uses aikido, so therefore it must not be valid. With this book, your aikido training can begin to go back to O-Sensei's aikido, where he was able to defeat all comers. Which meant he had to be able to perform aikido in all sorts of combat ranges, and indeed, even on the ground. He could still use aiki principles, just in a different way. This book describes the core principles of aikido, and then describes, and gives examples of, how to use them on the ground. If anyone wants to make their aikido a complete martial art, or feels that they loose their abilities when out of their aiki comfort zone, PLEASE get this book. I cannot praise this book highly enough. There are only two criticisms I have. The first is one I've found in almost every martial arts book or magazine article ever done. When they show or describe the movements, the pictures don't do what I consider a good enough job showing what is occurring. Aikido is a dynamic art, so showing movement with still pictures is difficult I know.

This is arguably one of the best books I have read on Aikido so far but you have to have experience to be able to accept this book or an open mind. Now please the first thing you have to understand about this book its not a "how to" or a "manual" for ground fighting in Aikido it has a significant amount of techniques but not many. Nothing will replace training in the Dojo not even a book but its really important to learn as much as you can and books are better sources than the internet since its written out well and has actual references. This book for me was not a long read and not a very large book. You have to know that its hard to learn from pictures but they are good enough. Now first I will start with the bad points I have about this book. 1-Not many techniques: There is a really good reason they were not many techniques in the book since they picked the ones that were good enough to start with to learn the principles of Aikido. There are many videos out there for other good ground fighting techniques. 2-Misleading: I got the wrong impression when I first saw the book I thought it would be a manual which made me a bit sad when I flipped through the pages to get an idea of the techniques(see the pictures) before starting to read it, so that really annoyed me. 3-DVD: It mentions that there is a DVD that you can buy to see more ground techniques. Why wasn't it with the book? Why do I have to go and order it separately heck I wouldn't have minded paying extra. That was disappointing to me. Now I will talk about the book and why I gave it 5/5 despite the negative points: Some book has some good history lessons and I enjoyed them very much some of them lessons had so much logic behind them.

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