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Get your aikido training off to a great start—from basic footwork and throws to training and demonstrations. This martial arts guide is a perfect introduction to aikido for beginners. Are you ready to learn aikido, but don’t know where to begin? Are you intimidated by the unfamiliar terms or the powerful aikido techniques? With Aikido Basics, you’ll become an expert in this Japanese martial art in no time. Whether you are considering taking up this martial art, or you’ve already started, this aikido book offers an easy, yet comprehensive introduction to everything you need to know to feel confident and be successful. You’ll learn about:

- The origins of aikido—philosophy, history and different styles
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