

The background image shows two Aikido practitioners in white gi with red belts. They are standing on a light-colored floor. One practitioner is holding a wooden bokken (training sword) vertically. The text is overlaid on the image.

BEGINNER'S GUIDE TO AIKIDO MASTERY EXPERT TIPS FOR EFFECTIVE TRAINING

BEATRIZ .W TREJO

Aikido Beginners Guide

Julia Schneider



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