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## Integral Aikido: The Science, Art and Spirit of Nihon Goshin Aikido

By Jim Giorgi

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. Svetlana Rozhkova (illustrator). This item is printed on demand. Paperback. 192 pages. Dimensions: 10.9in. x 8.4in. x 0.5in. Integral Aikido is a definitive, illustrated statement of the exceptional martial art of Nihon Goshin Aikido (NGA). Nihon Goshin Aikido is an extensive and comprehensive set of scientific principles which, when mastered, may be transformed by the practitioner into a unique art form creating movements of beauty, grace and devastating power. NGA is a martial art that originated in Japan and focuses on self-defense skills. The literal translation of Nihon Goshin is Japanese Self-Defense. The skills imparted by the study of NGA are founded in scientific principles of geometry, physics, anatomy and biomechanics. Because NGA is such an extremely effective system of self-defense, the application of its techniques can inflict serious injury upon an attacker. Aikido is, however, a non-aggressive, defensive art that seeks to avoid conflict even in a threatening situation. Whatever energy an attacker gives us, we accept without resistance, utilizing the attacker's own energy to neutralize the attack and the attacker himself. In all cases of conflict, the intent is to use the least amount of force and to inflict the least...



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