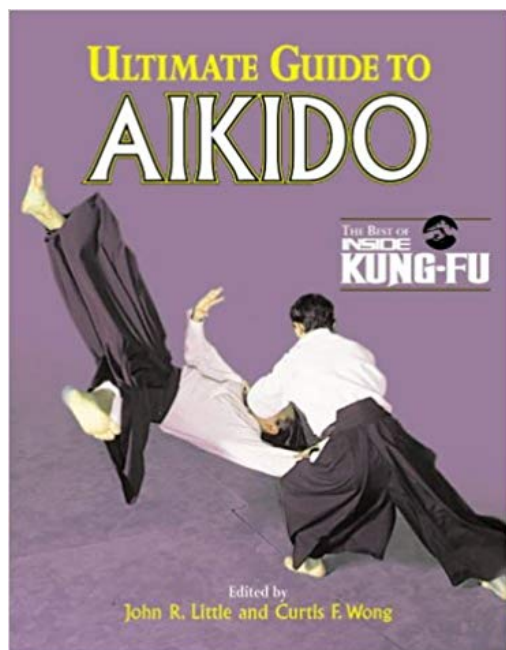


Ultimate Guide to Aikido : The Best of Inside Kung-Fu *by* John R. Little,Curtis F. Wong



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Written for practitioners of all levels of experience, this book features in-depth discussions of aikido's history and traditions, training, techniques, self-defence applications and competitions.



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