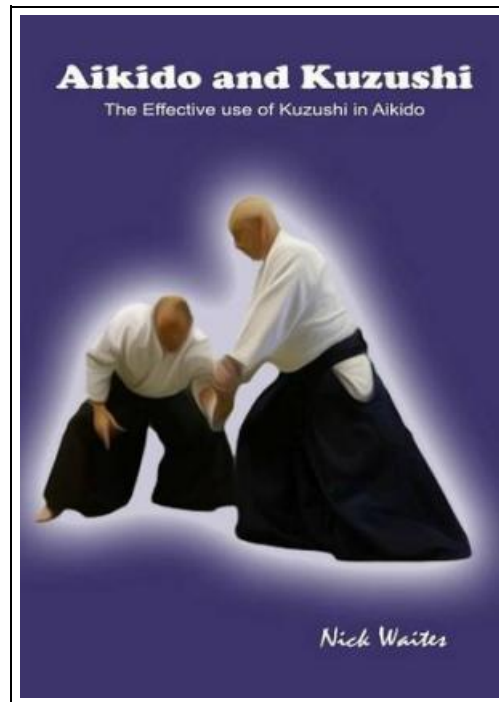


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Lulu.com, United Kingdom, 2015. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.The Japanese word kuzushi literally means undermining and in the context of martial arts it means destabilising and subsequently unbalancing an attacker as a precursor to the execution of a technique, whether a throw or an immobilisation. The term kuzushi is well-known in Judo circles but, although Aikido techniques also incorporate the use of kuzushi states, in the author s experience they are rarely identified explicitly by Aikido masters, even though observation reveals very clearly that they are utilising kuzushi states effectively. Awareness of kuzushi adds a new dimension to Aikido practice, giving it a rational basis for the effective execution of all techniques, and without relying at all on uke being passively compliant. This book identifies major kuzushi states and shows their implementation for a range of Aikido techniques.



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