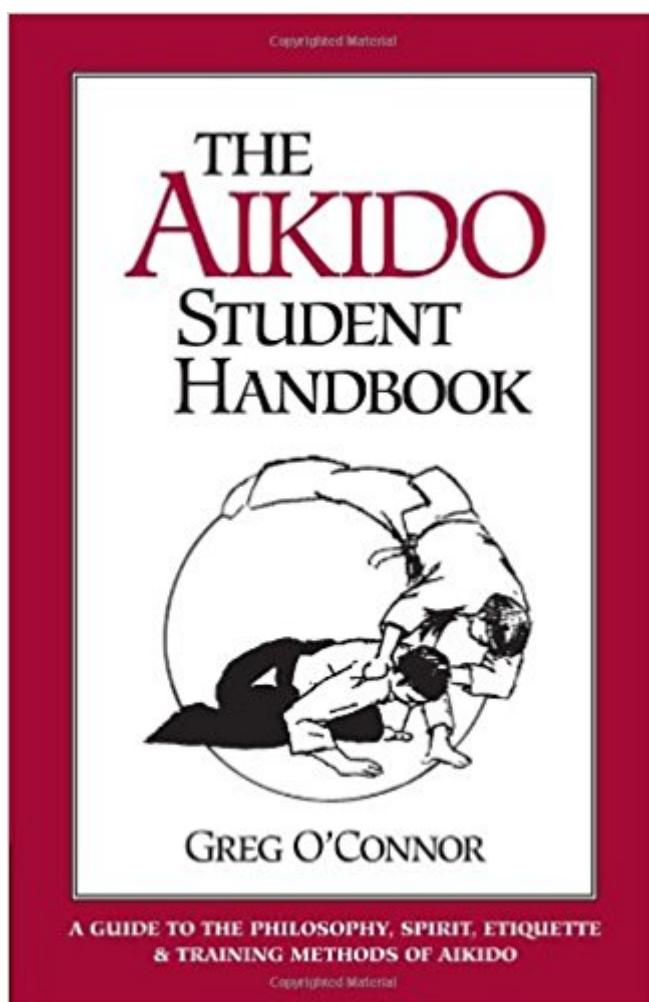


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# The Aikido Student Handbook: A Guide To The Philosophy, Spirit, Etiquette And Training Methods Of Aikido



## Synopsis

In the past twenty years, the Aikido population has increased tremendously in the United States, primarily because of the vast number of comprehensive American instructors. Greg O'Connor walks the reader through the history and philosophy of aikido. He then, in short chapters peppered with photos and illustrations, answers common questions about etiquette, training methods, and, in general, "what to expect" when practicing aikido.

## Book Information

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## Customer Reviews

"The purpose of studying aikido is not only to gain physical ability. We practice for the deeper reason to become better human beings. For that reason I highly recommend this Aikido Student Handbook by Mr. Greg O'Connor. I believe this book will be beneficial not only for those who are just starting Aikido, but for those already involved and particularly for those who hold teaching positions." - Yoshimitsu Yamada

Greg O'Connor is founder and chief instructor of Aikido Centers of New Jersey/Aikido Centers Inc. Dedicated to Aikido for over 30 years he is one of the few full-time professional Aikido teachers in the United States. He currently holds the rank of 6th Dan and certified through Aikido World Headquarters, Tokyo (Aikikai Hombu).

I wanted to locate a good dojo to practice at. After reading "An Open Secret: A Student's Handbook for Learning Aikido Techniques of Self-Defense and the Aiki Way" (great book, I

highly recommend it as a companion for this book) I was advised to get a copy of Greg O'Connor's book. He provides really good advice on how to go about the process. He lays out a practical approach for a prospective student to follow in finding a school to train, begin taking lessons and gives basic information on what to expect when arriving at a dojo. I was surprised to find a copy of the "Aikido Student's Handbook" lying out in the visitor's area at the dojo I was checking out. Guess they were confident that their dojo meets the grade. I was apprehensive on my first day. This book was helpful in describing how to approach experienced people at the dojo. I had reviewed the Common Questions section of the book where concern's are addressed like: "will I hold back a more advanced student if we train together," "do I need to know Japanese," "do the rolls and high falls hurt?" "I'm afraid I'll be too clumsy and get embarrassed," and "how long will it take get a black belt." I admit that I had some of these questions bouncing around in my head. Reading this book before taking the first class helped lessen many of my fears and concerns. This book is a quick read, presenting the basics, in less than 100 pages. It was well worth spending a few dollars investment on. I've already reviewed some book sections since starting my training. I'm certain that I will go back again over the next months and years on my way to that black belt!

Being new to the aikido world and coming from traditional jiu jitsu this book answered a quite a bit of questions that I had. For example on what lapel goes over which and how to cycle through practice moves- how many times you grab and so forth, why things are done on etiquette/formality. The philosophy was interesting and helped to get a better understanding of the art in general. Over all you invest in a good uniform why not spend a bit extra and pick up this book and it will help ease up on some newbie confusion and being possibly overwhelmed cause there is a lot to take in.

This book is surprisingly good, a worthy introduction to Aikido. I must add, though, that it is best when combined with Larry Reynosa's "A Beginner's Guide to Aikido." What makes this book extraordinary is the way that the author explains the spirit behind Aikido, the loving martial art, and O-Sensei's vision of this Way. I have made it a point to have my students read it, not for protocol, as much as for their understanding of what and why we do what we do. Definitely a must-have for most any Aikidoka, especially beginners.

Good

This is a great book that covers great fundamentals of the aikido system. I personally enjoyed the

section on the real value of aikido training and the everyday application of aikido and how it is used in our lives. This is a good book for anyone interested in taking aikido, and is a good read for anyone who has trained it. Practicing the fundamentals is imperative in everything we do. This book exhibits phenomenal fundamentals.

Good for new students

This book is a good guide to the beginner. Once read, and employed it should aid the student in understanding Aikido fundamentals.

My Husband was super thrilled to receive this book on his birthday. The condition of the book was excellent and he is excited to read it.

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