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to correct form during practice,  
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atemi, strike, should be limited.  
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Bennett is ranked as a 10th-

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degree black belt (Judan) and Soke (Grandmaster) of Tejitsu Aikido, the system he founded in 1989. His memberships have included the New World Martial Arts Association, the Eastern U.S.A. International Martial Arts Association (EUSAIMAA), the

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Bushido-Brotherhood Martial Arts Society, and the World Head of Family Sokeship Council (WHFSC).

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one of the best ways to defend one self. In fact, this is one martial art that was introduced to tackle the Samurai problem. Samurais are armed to the teeth and there is no way to hit them. That's where the Aikido technique was introduced because it makes people fall. What

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is Aikido? Aikido is also known as

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('Aikido and the dynamic sphere' by Oscar Ratti is particularly good, with plenty of background information, and a great many diagrams of techniques.) This book looks at many of the authors experiences in martial arts and how he has applied the lessons



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