



Atemi: The Thunder and Lightning of Aikido

By Walther von Krenner

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Atemi: The Thunder and Lightning of Aikido By Walther von Krenner

Atemi: The Thunder and Lightning of Aikido revisits the source of the art by teaching the striking methods that made Ueshiba's techniques so effective. This is the most comprehensive text on striking in Aikido, and it begins with the notion that strikes should not be disregarded in modern dojo. It explores the common (yet mistaken) notion of atemi as a secondary aspect of Aikido, and argues that such an idea is incorrect, since O-Sensei's own teachings reveal that striking is the very core of the art.

The authors describe through brilliant and specific examples and clear photographs, how atemi is used in Aikido pins and throws while still keeping with the physical philosophy of the art. The journey continues as they then demonstrate how Ueshiba Morihei and some of his most important students viewed atemi and technique as one, instead of separate aspects of the art.

The text is divided into three sections: Shodan (beginner's level), Chudan (intermediate level), and Jodan (advanced level). The final chapters suggest ways that O-Sensei taught his students how to develop internal power, which can be channeled into Aikido's powerful strikes. **Atemi: The Thunder and Lightning of Aikido** presents a thorough explanation of O-Sensei's teachings and suggests that many practitioners have only scratched the surface of the art's true nature.

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Atemi: The Thunder and Lightning of Aikido By Walther von Krenner Bibliography

- Sales Rank: #371184 in Books
- Published on: 2016-03-17
- Original language: English
- Dimensions: 9.00" h x .52" w x 6.00" l,
- Binding: Paperback
- 228 pages

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Editorial Review

Review

Atemi: the Thunder and Lightning of Aikido is a revolutionary book in that it goes back to the source and shows the way striking should be incorporated into Aikido. It is a book is for any serious student of Aikido who wants a fuller understanding of their art as the founder intended it: as a fully formed martial art." -Jaredd Wilson, Martial Thinking

Users Review

From reader reviews:

Roderick Donnell:

Nowadays reading books be than want or need but also be a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge your information inside the book that improve your knowledge and information. The data you get based on what kind of e-book you read, if you want attract knowledge just go with education and learning books but if you want feel happy read one along with theme for entertaining for example comic or novel. Often the Atemi: The Thunder and Lightning of Aikido is kind of book which is giving the reader unstable experience.

Jeremy Smith:

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