



Survival Aikido: How to do Freestyle (Volume 1)

John Kilpatrick PhD

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How to do practical Aikido that can be used against multiple attackers when taking tests and when in a survival situation. The information in this book is much easier than the normal Aiki jujitsu taught in Aikido classes. Practicing three times a week you can be very good at this in a year. Far better than you normally see. With the basics taught here it is easy to know how to make the Aiki jujitsu work. These basics are also the key to effective Aikido Freestyle. Hikuta, called Kuta here, provides strong basic information on striking that is seamlessly integrated into the Aikido throws without gratuitous movements. It turns out that when you properly learn the basics of Aikido you also know the advanced aikido. This book deals with both topics together. Material on weapon use is also included.

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