



Center: The Power of Aikido

Ron Meyer, Mark Reeder

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Employing a question-and-answer format, *Center: The Power of Aikido* outlines the five elements of power that the aikido enthusiast must use to succeed, and it explains strategic applications of movement that give the practitioner the advantage. Moving beyond techniques and forms, this engaging, hands-on book explores the underlying dynamics of moving energy through the body and manipulating the energy of the aggressor.

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