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Demonstration Ueshiba

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〇〇〇 - [HD]Aikido documentary
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Morihei Ueshiba (1964) with
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Aikido and the Dynamic Sphere is a non-fiction book about the martial art of aikido. Oscar Ratti and Adele Westbrook, husband and wife, wrote Aikido and the

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Dynamic Sphere shortly after they had achieved shodan rank in aikido, and a short stay in Japan. It is based largely on the teachings of Yasuo Ohara, founder of the New York Aikikai.

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