LEGENDARY AIKIDO MASTERS - VOLUME 3 October 25, 1986 2nd Aikido Friendship Demonstration

Featuring lecture demonstrations by Morihiro Saito, Kenji Shimizu, and Yoshio Sugino







A non-partisan demonstration held in commemoration of the Founder of Aikido, Morihei Ueshiba, and for the purpose of promoting the exchange of training methods and ideas among aikido practitioners.

This is the first DVD of a digital remastering of one of the most exciting aikido demonstrations ever held. Part one contains lecture demonstrations by Morihiro Saito, Kenji Shimizu, and Yoshio Sugino from the 2nd Aikido Friendship Demonstration held in Tokyo in 1986. Each informative and inspiring demonstration covers the most important aspects of each teacher's interpretation of their art. The entire program features a complete English voiceover of the Japanese commentary. These performances will provide you with many valuable insights to accelerate your progress in aikido training.

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