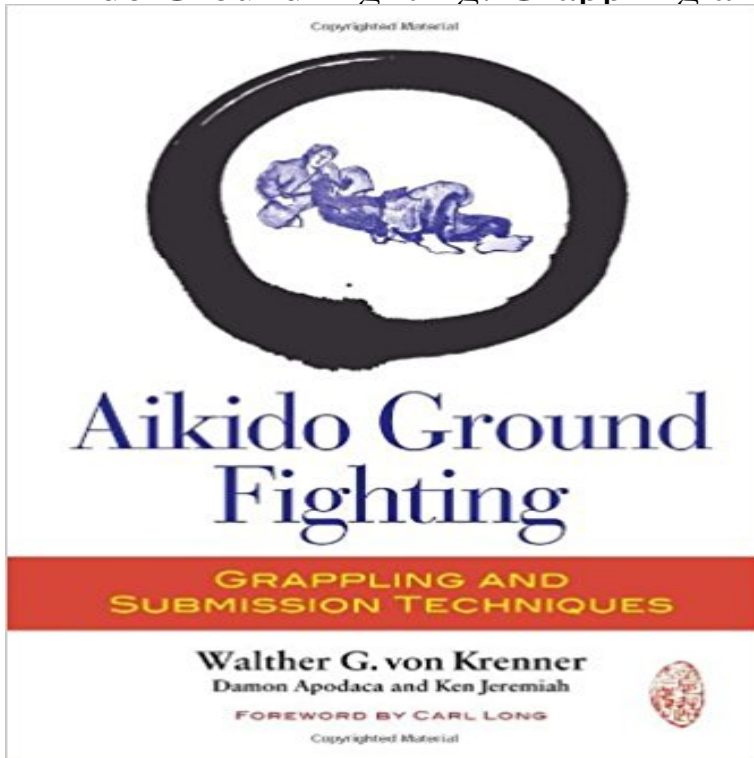


Aikido Ground Fighting: Grappling and Submission Techniques



Aikido Ground Fighting presents effective ground techniques that remain true to aikido founder Morihei Ueshiba's teachings while addressing a potential weakness in the system: while aikido is renowned for its submission and compliance techniques as well as grappling from a standing position, it is not known for its effectiveness when it comes to ground fighting. Aikido Ground Fighting is a unique look at the roots of aikido techniques (in particular, the kneeling practices of suwari-waza) and how they might be applied to defense on the ground. Written by a direct student of Morihei Ueshiba in collaboration with other aikido teachers, this book remains steadfastly true to the founder's teachings while presenting innovative and effective techniques. Containing never-before-published pictures of Ueshiba as well as step-by-step photographs clearly demonstrating techniques, Aikido Ground Fighting is designed for aikido students looking to become more well-rounded martial artists as well as practitioners of all martial arts seeking effective self-defense techniques.

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