

**LETTING GO: TALKS ON AIKIDO**

Susan B. Colli

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This item has not been rated. There are no reviews for previous versions of this product. Shioda Sensei always tells us that when he tries to give his best demonstration his uke should take their best falls.

If you use a digital signature, your signature must exactly match the first star Teaching Aikido and the Future of the Art. For me, I believe that without shoshin I like this word, nicely noted earlier Lynn you become an obstacle in your own training. Can you tell me a bit about that experience and how you felt about it? When the boxer asked Sensei why he did nothing to control his punching hand but applied a technique on the other one, Sensei replied: