



A Beginner's Guide to Aikido

Larry Reynosa, Joseph Billingere

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A Beginner's Guide to Aikido is a heartfelt effort to provide answers to the many questions both asked and unasked, that are common to the beginning Aikido student. The early days of Aikido training can be an overwhelming experience for the body, mind and spirit, full of excitement and confusion. At a time when it seems that all of your attention must be focused on the physical aspects of Aikido, you find yourself surrounded by strange customs, language and even stranger discussions. What are they talking about? Who's that? A What? These are some questions common to beginners. After years of observing the unnecessary confusion resulting from many questions, of seeing good people leave Aikido in frustration, the authors decided to do something about these problems. This book is the result.

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