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# **Aikido Weapons Techniques The Wooden Sword Stick And Knife Of Aikido By Phong Thong Dang Lynn Seiser**

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***weapons wooden staffs jo and bo***

*May 25th, 2020 - saotome is especially skilled in the use of traditional japanese weapons including the wooden staffs jo and bo and the wooden sword bokken he has also developed a system for working with two'*

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May 19th, 2020 - it focuses on the three primary weapons used in aikido ken the wooden sword jo the wooden staff tanto the wooden knife a plete discussion of each armament is included with descriptions of the stances grips techniques forms

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**defenses and training appropriate for each'**

**'aikido**

*May 31st, 2020 - weapons training in aikido traditionally includes the short staff these techniques closely resemble the use of the bayonet or j?kend? the wooden sword and the knife some schools incorporate firearm disarming techniques where either weapon taking and or weapon retention may be taught''*

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