



Aikido (Alternativa/ Alternative) (Spanish Edition)

Jorge Bertuccio

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La palabra "Aikido" está formada por tres sílabas: ai, armonía, unión; ki, energía; do, sendero, camino. Así, podemos definir el Aikido como el camino para unirnos armoniosamente con la energía, cuyo objetivo es la unificación de nuestro cuerpo y mente a través de su práctica, y cuyas técnicas nos permiten defendernos sin herir y sin tener que cargar en nuestra conciencia con la tremenda situación de lastimar o matar a alguien mediante algo que aprendimos con las mejores intenciones.

A su vez, el Aikido permite sentir que ejercemos la legítima defensa ante una agresión que nosotros no iniciamos. Para ello cuenta en su haber con cinco técnicas básicas e infinitas combinaciones y variantes. Pero este notable arte marcial, que crece en popularidad día a día, deja una enseñanza fundamental para el futuro del ser humano: es necesario dar un salto de comprensión, de amor, de compasión, a fin de que se entienda la importancia de compartir la vida en vez de disputarla.

Este libro totalmente ilustrado, es un verdadero curso para poder conocerlo y practicarlo con la guía de un gran maestro de este arte, reconocido como tal en nuestro país y en el exterior.

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