

Aikido: Living By Design By Mitsugi Saotome

By Mitsugi Saotome

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Mitsugi Saotome is a Japanese aikido teacher currently living in the United States. He is a direct disciple of the founder of aikido, Morihei Ueshiba.

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Mitsugi Saotome is the author of Aikido and the Harmony of Nature (4.21 avg rating, 103 ratings, 4 reviews, published 1986), Principles of Aikido

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