



## Young Samurai Training Workbook

By Ruth Kantor Lopez

Lulu.com, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Aikido is a martial art with the goal of defending oneself while also protecting an attacker from injury. Young Samurai Training Workbook helps students of aikido learn terminology, history, and more through matching, coloring, mazes, and crossword puzzle. Special challenges for each of the seven virtues of the samurai (courage, honor, integrity, sincerity, respect, loyalty compassion) promote mental and spiritual development in the tradition of budo.



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