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Aikido center - martial arts way of harmony

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About Aikido; Mitsugi Saotome These principles are the life blood of Master Instructor, Mitsugi Saotome. His two books Aikido and the Harmony of Nature

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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 (4.17 a

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Jul 28, 2010 Mitsugi Saotome (Saotome Mitsugi) (born March 7, 1937) is a Japanese aikido teacher currently living in the United States.

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