



# Nihon Goshin Aikido: The Art and Science of Self Defense

*Jeffrey Dutton, Richard Bowe*

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This is the official technical manual and curriculum for Nihon Goshin Aikido. Nihon Goshin Aikido was founded by Shihan Shodo Morita in Japan in the 1940s. It was brought to the United States in 1963 by Shihan Richard A Bowe. The book is presented by the senior instructors of the Nihon Goshin Aikido Association.

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