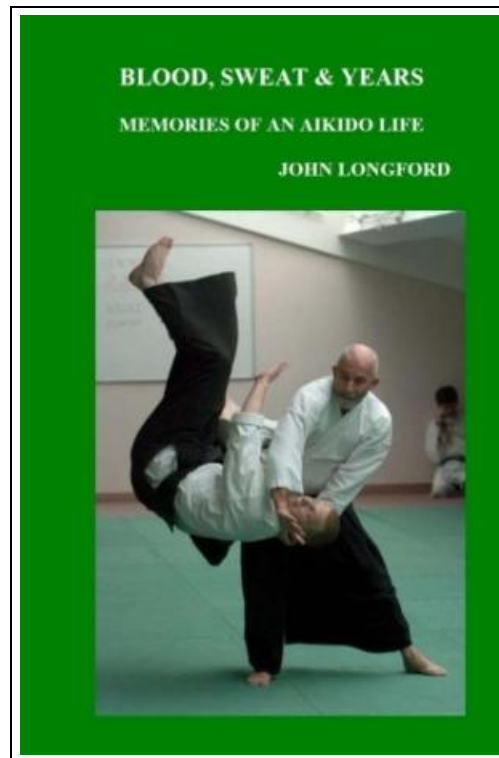


## Blood, Sweat Years: Memories of an Aikido Life (Paperback)



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Blood, Sweat Years is the story of one man s journey in Aikido from novice to 6th degree Black Belt. It is a light-hearted description of the trials, tribulations but most all fun over the years. As the Author says on the back cover: None of the names have been changed to protect the innocent, there aren t any. Extracts from the Forward by Sensei Tony Sargeant 6th Dan Aikikai: John has written about his travels, friendship, experiences and often humorous adventures in his quest to embrace this wonderful Martial Art Aikido. This book has awoken many memories, which I had forgotten of our time together both in the UK and various parts of the world. I thank John for all that he has given to the Art of Aikido, his accomplishments are more than most will achieve in a lifetime. This is a book that can be enjoyed by the non-martial artist and martial artist. Extracts of the review by Brian Stockwell, editor of the Aikido Times There are a lot of accounts that will resonate with readers who have, for example, endured their first encounters with ukemi or waited nervously for their turn to take a grading. More senior Aikido will certainly recognise many of the names liberally sprinkled throughout the book, as well as mentions of broken bones, bruises and other injuries! I am sure we have all been at events where we can reminisce and share stories with like-minded friends - and that s what it feels like reading this book. This third edition also covers events that took place in 2017 January 2018.



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