

A photograph of two martial artists in a sparring pose. The artist on the left is wearing a white gi and is in a low, defensive stance, looking down at the hands of the other artist. The artist on the right is wearing a black gi and is in a high, offensive stance, with one leg raised and a fist clenched. The background is plain white. The text "The Art of Peace" is overlaid in a large, brown, serif font across the center of the image.

# The Art of Peace

# Elements Of Aikido

**Ian Pickup**



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