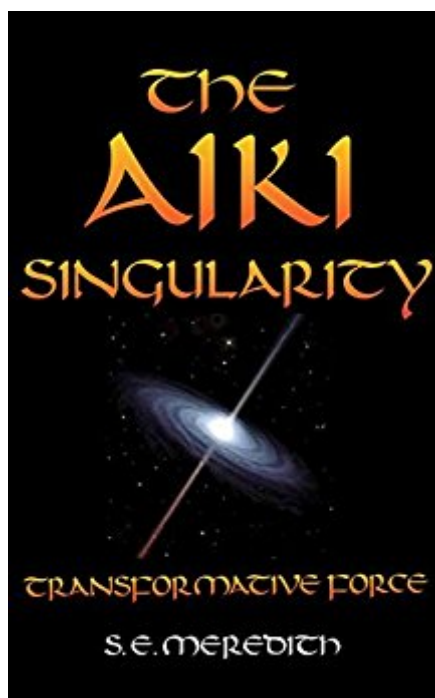


The book was found

The Aiki Singularity: Transformative Power



Synopsis

The commanding heights of genius in any field seem remote, but it is written: What man has done, man can do. THE AIKI SINGULARITY is an analytical probe into the common foundation of internal power conditioning that connects the unearthly martial skills of peerless Japanese martial arts phenomenon Sagawa Yuki Yoshi (1902-1998) to the legendary internal masters of 19th century China. THE AIKI SINGULARITY deconstructs and reassembles the hidden energy that unites all internal martial arts training, and teaches radically simple experiential methods for understanding and maximizing the universal power. Key movements and essential insights from Tai Chi, Xing Yi, Daito Ryu Aiki-Jujutsu and other arts are assembled into three exceptionally effective regimens of internal conditioning. Each regimen consists of a primary drill and a cluster of related supplemental extensions that deepen and massively intensify the energy experience of each. The work is supported by voluminous references to the writings and teachings of legendary old-time masters of the internal arts. Is this an "advanced" book? Yes and No. Yes - in the simple sense that some terminology from prior works is used " though everything is explained as needed here too. No - in the most important sense that you can do every drill in this book without any background in other materials, in fact, without any background in energy martial arts at all. The drills are profound in their effects but extremely simple, safe, and pleasant to perform. There are no long sequences of memorized movements, and the drills do not require a large practice space, a long time commitment, or any special equipment and clothing. They can be performed by anybody of any degree of athletic ability " including none whatsoever. But despite their simplicity and ease, they will develop your internal energy fundamentals more deeply, strongly and quickly than many full systems that require decades of expensive, onerous drudgery. This book will be a revelation for students of Qi Gong, Tai Chi, Aikido, or Kung Fu and for anybody else who is seeking an adventure of inner exploration and power enhancement.

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Customer Reviews

If you have eight dollars and you're not starving, buy this book. I won't be calling this book revolutionary or orgasmic or whatever since we're all tired of hyperbole. However, it is good. Now as for my headline, yes Scott Meredith is weird. He has a penchant for abbreviations even when they may not be needed. He apparently went to MIT and yet he spends all his time screwing around with this stuff instead of building fancy robots or whatever. I'm sure his mom is very disappointed. That aside, my biggest complaint about the book is that he didn't write it years ago. I'm having a lot of fun with it and I really want to see where these practices take me. And if you're reading this, Mr. Meredith, shine on you crazy diamond.

An excellent distillation of Mr. Meredith's work that I use as a starting point for training. (Later, one can refer to Meredith's other books for further ideas/elucidation of the concepts and drills of written

about here.)If you have an interest in developing Aiki power and don't know where to turn, then "The Aiki Singularity" is comme il faut.

I think Mr. Meredith really wanted to name this book "Things I missed putting at the end of my books Juice: Radical Taiji Energetics and Radical Xingyi Energetics." But Aiki Singularity is catchier. It's mostly a collection of really good internal energy drills, explained in beautiful clarity and simplicity. He includes pictures, thank goodness. If you've read Scott Meredith before, this book is invaluable. If you haven't, please don't start here. Read Xingyi or Taji Energetics and come back to this. Scott Meredith is as wild, as wacky, and as brilliant as ever. Sometimes his style annoys, but with this level of remarkable teaching he could get away with ten times that and I would still have to give him five stars. The material is just so worthwhile. Other times his chatty, engaging writing -- with all the enthusiasm of an eight-year-old in a toy store -- is great. The training drills are all impressive. Cat step shiko alone....wow. It would have been worth the price of the book only for that. This book has changed the way I do a few other things on my own. The results speak for themselves.

Very interesting information. It is helpful to have some background knowledge as to what the author is referring to, but very accessible.

A good alternative view of the concept of Aiki. It has many references to Tai Chi and other Chinese internal art. Tha may make int an excellent reference for practitioners of those arts who also practice Aiki arts or Traditional Hapkido.

Great as expected. Loved it. I've read some of Scott's previous books, and this one follows the line I've been used with, and then adds more... Thanks, Scott!

Not an easy read as details are involved as you try to follow. It takes a lot of time to be involved with the subject. His creativity with words are applied very detailed exercises.

Very insightful and very well written, with a lot of value for internal skills...

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