



Aikido Weapons Techniques

Lynn Seiser, Phong Thong Dang

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About the Author

Phong Thong Dang holds a sixth degree black belt in aikido, a sixth degree black belt in tae kwon do, a fifth degree black belt in judo, and an eighth degree black belt in Vietnamese Shaolin kungfu. He currently teaches in Southern CA.

Lynn Seiser holds the rank of Sandan (third degree black belt) in Tenshinkai aikido under Sensei Phong Thong Dang.

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