

Aikido: My Spiritual Journey

Aikido and the New Warrior includes essays which illuminate Aikido concepts as they apply to many different walks of life: sports, nature, anger, martial arts training, death, and aging to name a few. Please note that this book does not include information on martial arts techniques.

Aikido Ground Fighting presents effective ground techniques that remain true to aikido founder Morehei Ueshiba's teachings while addressing a potential weakness in the system: while aikido is renowned for its submission and compliance techniques as well as grappling from a standing position, it is not known for its effectiveness when it comes to ground fighting. Aikido Ground Fighting is a unique look at the roots of aikido techniques (in particular, the kneeling practices of suwari-waza) and how they might be applied to defense on the ground. Written by a direct student of Morihei Ueshiba in collaboration with other aikido teachers, this book remains steadfastly true to the founder's teachings while presenting innovative and effective techniques. Containing never-before-published pictures of Ueshiba as well as step-by-step photographs clearly demonstrating techniques, Aikido Ground Fighting is designed for aikido students looking to become more well-rounded martial artists as well as practitioners of all martial arts seeking effective self-defense techniques. From the Trade Paperback edition.

With its message of universal harmony, the martial art of Aikido is attracting an ever-expanding number of followers all around the world. There are now 1,600,000 Aikido practitioners in 90 different countries. The Heart of Aikido: The Philosophy of Takemasu Aiki focuses on the human values and promotion of peace that legendary founder Morihei Ueshiba believed were at Aikido’s core. Takemasu Aiki means, “the life-generating force capable of unlimited transformations,“ an idea that serves as the spiritual foundation on which Aikido rests. The book, translated into English for the first time, draws on the essence of the founder’s philosophy and spirituality, which was based on the Shinto religion. It presents such tenets as: the importance of harmony in the martial arts, the ultimate promotion of peace by dispelling any aggression through such harmony, and the divinity of the true self and the universe. The Japanese version of the book holds a special place in the hearts of Aikido practitioners; the English-language edition has been eagerly awaited and is sure to be greeted with great excitement.

For practitioners of aikido, this guide explains how the martial art can increase one's intuition and internal energy. Readers will learn that their bodies react accurately to situations that their minds do not perceive and discover how they can apply this awareness to daily life. 20 line drawings.

An Obese White Gentleman in No Apparent Distress

Invincible Warrior

The Spiritual Autobiography of Satomi Myodo

Laoshi: Tai Chi, Teachers, and Pursuit of Principle

An Aikido Journey

Constructive Thoughts & Practical Applications

Philosophy, Fighting, and Martial Arts Mythology

Conflict is an unavoidable aspect of living. The late renowned aikido master Terry Dobson, together with Victor Miller, present aikido as a basis for conflict resolution. "Attack-tics" is a system of conflict resolution based on the principles of aikido, the non-violent martial art Morihei Ueshiba created after World War II. Not all conflicts are contests, say Dobson and Miller, and not all conflicts are equally threatening.

Aiki is the power of harmony, of all beings, all things working together. Aikido--a modern Japanese martial art unique in its synthesis of classic forms with a well-defined spiritual base--offers a key to the art of living naturally and unselfishly in a complicated world. This book explains it in reference to the founder's philosophy of mind--and action. In addition, the history of aikido's prewar development as a non-competitive new martial art is described, with a consideration of its international role.

We spend a great deal of our lives, both awake and asleep, wondering about the great mysteries of our lives. Why am I here? What is the meaning of life? Why me? Is there a God? Many of these questions are unanswerable at this point in our path of enlightenment as humans. Many can be answered, if we allow ourselves to learn our lessons and Reconnect with the Divine Source! Through My Journey Back to Oneness, we will go on a journey of rediscovery. This journey offers you the probability of experiencing healing on physical, mental and spiritual levels. A journey back to the place where we all started...a place of Oneness with the Divine Source. Our journey will begin with a refocusing of our perceptions of good and bad; us and them; and the other representation of duality that influences how we experience the world around us. We will then get a glimpse of the concepts behind Hawaian mysticism and Shamanism - and establish the basic understanding of energy and reality as defined in these concepts. A brief comparison of religious beliefs follows along with an exploration of a very powerful healing tool - prayer. This is followed by an exploration of the applications of these concepts. Next, we will investigate the ancient qualities and basic nature of the concepts discussed. Futher, we will attempt to make ties between these concepts and the origins of human beings. Finally, there are several appendices outlining recommended readings and training that can enhance your personal journey back to oneness.

Interviews with two generations of American martial artists.

Aikido as a Clairsentient Practice

Embodying Your Noble, Awesome and Shiny Dragon Spirit

Dragons and Power

The Way of Harmony

Journey to the Heart of Aikido

Discovering the Wisdom of Conscious Embodiment and Aikido

The Spiritual Foundations of Aikido

Fifteen years ago, Kim Barton walked into an Aikido dojo and her life was transformed. She never imagined herself doing a martial art, had never even heard of Aikido until a few months before, and yet, there she was on the mat in a dojo. Off the mat, Kim thought about Aikido and how it affected her life.How does proper posture affect our actions on and off the mat?What is 'spiritual power?'How does one handle the responsibility of teaching Aikido?What does it mean to be engaged with our partners?In the process of earning her third degree black belt, Kim journaled, wrote essays and blog posts about these questions and about her personal Aikido journey. These writings have now been compiled into Aikido: One Woman's Journey of Self-Discovery. Taking inspiration from O'Sensei, the wisdom of her teacher or visiting teachers, and quotes from martial artists like Bruce Lee, Kim contemplates Aikido, self-discovery, and life.

The history of Japan's martial traditions is replete with many outstanding individuals, but few have attained the legendary status of Morihei Ueshiba. Throughout his extraordinary life, Ueshiba mastered an array of martial arts and techniques, including jujutsu and kendo, and endlessly devoted himself to the philosophies of Japan's martial schools. He also had a deep knowledge of the practice of Shinto. Refining these traditions into a wholly new system, he founded Aikido—the way of harmony. Aikido goes far beyond simple methods of attack or self-defense, seeking to dispel aggression by creating a sense of oneness, thus ultimately promoting peace. Through its unique aspect of both preserving the heritage of the classical fighting arts and applying them within the context of contemporary society, Aikido has quickly become one of the most respected martial arts in the world. In this engaging and compelling biography, the Founder's son Kissomaru Ueshiba (the second Aikido Doshu) details the life of this remarkable man, from his early years as a youth in the turbulent Meiji era to his death in 1969. Incorporating many first-hand accounts and anecdotes as well as historical documents, the author weaves a fascinating narrative of the Founder's life, and with great fondness tells of his own memories of the man who would come to be known as O Sensei — great master. Ueshiba reveals much about the character and temperament of his father, painting a picture of a man of formidable commitment and spirituality, in both his practice of Aikido and his message of peace. Indeed, his dedication to his art was so strong that through his techniques he was able to attain kami-waza; an ability that transcends the human and reaches the divine. This book will appeal to any reader with an interest in the life of Morihei Ueshiba and a desire to discover the real person behind the legend.

Journey to the Heart of Aikido presents the teachings of Motomichi Anno Sensei, one of the few remaining direct students of Morihei Ueshiba, the legendary founder of Aikido. After a lifetime of practice and teaching in Japan, the United States, and Europe, Anno Sensei conveys through his teachings Aikido's essential spirit of love, harmony, gratitude, and purification with simple authenticity and eloquence. Author and translator Linda Holiday--herself a senior instructor of Aikido--brings to life the intimacy of this communication through translated discourses on the deep practice of Aikido and candid dialogues between Anno sensei and Western students. Journey to the Heart of Aikido includes Linda Holiday's vivid account of her adventure as a young woman studying Aikido in the mystical region of Kumano, Japan, in the 1970s, and a poignant telling of Anno sensei's life and his first-hand experience of training with Aikido's founder. An essential resource for the global Aikido community, Journey to the Heart of Aikido also offers spiritual teachings relevant to all contemporary seekers, touching a wide range of themes such as the meaning of martial arts, the integration of body and spirit, the truth of interconnectedness, and the practice of peace, offering all readers insight into the profound spiritual questions at the heart of life.

Enlightenment through Aikido focuses on Aikido's spiritual teachings, drawing on Sunadomari's experiences as a direct student of Morihei Ueshiba. Quotes from the founder and the author's interpretations show how Aikido can develop inner strength and tranquility. This book is an excellent companion for those practitioners who aspire to go beyond the physical in their journey along the path of Aikido. From the Trade Paperback edition.

My Path of Self-Discovery

Mastery

Somatic Wisdom for Emotional, Energetic, and Spiritual Awakening

The Keys to Success and Long-Term Fulfillment

Life Lessons from an American Sensei

My Journey Back to Oneness

The Art of Peace

Invincible Warrior tells the fascinating story of the life of Morihei Ueshiba (1883-1969), whose quest for the true meaning of warriorship led to the creation of the martial art called Aikido, "The Art of Peace." Ueshiba—whose name means "abundant peace"—is considered by many to be one of the greatest martial artists who ever lived. His documented ability to disarm any attacker, throw a dozen men simultaneously, and down and pin opponents without touching them has accorded his life legendary status. Invincible Warrior presents the real story behind Morihei’s achievement, illuminating the man and his message. Stevens describes the people, events, and ideas that influenced Ueshiba’s lifelong spiritual quest, which culminated in the development of unique teachings of Aikido. Illustrated with two hundred photographs of Morihei in action and filled with revealing anecdotes about his life and times, Invincible Warrior also offers valuable discussion of the founder’s conception of Aikido as a path of harmony and love, unifying body and mind, self and others, humans and the universe.

• Follows the author’s apprenticeships with masterful teachers, out-of-body experiences, meditation retreats in Asia, martial arts in Japan, facing his trauma at the hands of his father, and his struggles to become emotionally literate
• Offers interpretations of his experiences poised as questions, reflections, and inquiries, inviting the reader to participate in what opened for the author on his quest for self-realization, including successes, failures, struggles, and enigmas
Sharing profound stories, transformative incidents, and provocative situations from across his more than seven decades of life, founding elder of the Somatics movement Richard Strozzi-Heckler explores the moments of insight and awakening that have been pivotal in forming his unique perspectives within the fields of embodiment, meditation, Aikido, and leadership. Beginning with an early experience with death that revealed the universal principle of impermanence, the author takes us on a rich, textured journey into the inquiry of what it means to embody the mystery of spirit. As we follow him through apprenticeships with masterful teachers, out-of-body experiences, meditation retreats in Asia, martial arts in Japan, facing his trauma at the hands of his father, and his struggles to become emotionally literate, we’re also taken on a path of learning, healing, and transformation. For each story, the author offers interpretations of his experiences poised as questions, reflections, and inquiries, rather than being distilled into direct lessons. In this way we are invited to participate in the author’s reflections on what opened for him on his quest for self-realization, including successes, failures, struggles, and enigmas. The author demonstrates how his experiences unified and informed him professionally and personally, opening the possibilities of an emotional, energetic, and spiritual awakening by living the embodied life. A deeply personal and intimate portrayal of a life’s journey through a somatic wisdom, this insightful memoir depicts the immeasurable wealth that teachers, practices, vulnerability, and community can offer the sincere seeker on an embodied spiritual path.

A novel based on the writings and recordings of Terry Dobson.

Using the metaphor of dragons as power, this book offers ways to be more inspired, empowered and effective. By training the wild, limitless part of our dragon energy we are able to use this power to bring wisdom, compassion and courage to our actions. Embedded in the pages you will find numerous short centering practices from one second to twenty seconds in duration. These short actionable practices are geared to synchronize body and mind to grow a bright and powerful leadership presence. In order to cultivate our benevolent power we need to understand how to relax with our fears and irritations so they don't derail our best intentions. We all have a Noble, Awesome and Shiny spirit and this book helps us bring it into the light.As in the Leadership Embodiment model, these techniques are based on principles from the non-aggressive martial art of Aikido and mindfulness practices. Described in the book are six aspects of personal power and six aspects of social power. Personal Power is the capacity to tame and train your power to influence yourself. Social Power defines the way you influence others and are influenced by others. The final section is about making it happen - implementing, sustaining and managing the challenge of visibility and what happens when we do act with our benevolent power.

Enlightenment through Aikido

The Way of Aikido

Aikido and the Harmony of Nature

On the Warrior's Path, Second Edition

The Marine Corps Martial Arts Program

Ueshiba's Universe - Its Significance for His Aikido

Aikido Principles as a Spiritual Guide

This book is an invaluable guide for practitioners - whether beginning or advanced - wishing to know more about the context in which Aikido was developed and Aikido's implications for the world today. Some of the ideas discussed are : the relation of Aikido to such Asian traditions as Shinto, Shingon Buddhism, Omotokyo esotericism, Taoist mysticism, and Tantra ; points of correspondence between Aikido and Western philosophical and religious systems - Greek philosophy, Christianity, Kabbalah, alchemy, and modern scientific theories ; links between Aikido and art ; ways that Aikido thought can be used to advance the causes of such urgent issues ans health and healing, conflict resolution and environmental responsibility. --from back cover.

The text combines with the great photos to create an incredible reading experience. Anyone interested in getting more out of the martial arts than physical technique should read this book.

This definitive, richly illustrated manual covers essential elements of the philosophy and practice of Aikido, the Japanese martial art. John Stevens details the precise execution of the wide range of techniques, and recounts interesting and lively anecdotes about the history of Aikido and its founder, Ueshiba Morihe.

Holistic personal growth consists of training of the mind, body, and spirit. A positive spirit is the front runner of the positive mind, body, and life experience. Our spirit is a personal guide when we are made to choose between paths and careers. When the mind and body wane in old age, we depend on a positive spirit to live well and shine love upon this world. Intend upon the good of self; we may want to hone our spirituality. However, what are spirit and spirituality? Do we believe in any tradition most accessible to us that sells itself as spirituality and make us subject to their dogma and nuances? In this three book series, the author explains what is spirituality for those who are curious, contemplates whether it is necessary and propose a path to develop oneself spiritually for those who realized they need it.

The Somewhat Unorthodox Guide to Embarking on a Spiritual Journey

Best Aikido

The Biography of Founder Morihei Ueshiba

The Heart of Aikido

A Warrior’s Journey with a Compassionate Dragon!

Angry White Pyjamas

Embodying the Mystery

The book is a kind of semifictional memoir. Chapters reflect the author's own experiences gained in the pursuit of tai chi and other martial arts. The text flows as a novel, but with substance based solidly in reality applicable to anyone, tai chi practitioner or not, since the main theme is the pursuit of principle in everyday life. Book Description A tai chi student explores the Dao of Zheng Manqing with the aid of his teacher, Laoshi. Through personal accounts, reflection, and dialogue with Laoshi, we witness the novice s evolution in his search for the spirit of the art and the resulting bond forged with his instructor. Together,

student and teacher examine the philosophical and martial aspects of tai chi. They demonstrate what it means to pursue principle, and they see the ease with which it can be lost to that trickster and provocateur, the ego. Engaging, sincere, and at times lighthearted, this fictional memoir narrated from the student s perspective addresses themes familiar to all who study tai chi and the martial arts. Laoshi is a journey into tai chi and a meditation on life and living without fear.

“This book is a warmhearted handshake, a graceful and practical invitation to enter and blend with the ahhh of the world. It is as natural and wise an introduction to the spirit of the martial arts as you can find on paper.”—Jack Kornfield, bestselling author of A Path with Heart In his bestselling Mastery, renowned spiritual and martial arts teacher George Leonard taught hundreds of thousands of people how to use Zen philosophy to reach mastery in any field. Now, he brings together his extraordinary knowledge and experience into a book that translates the principles of aikido directly into our everyday lives. Aikido is more philosophy and meditation than a technique or a series of purely physical maneuvers. Leonard shares the secrets of this remarkable Eastern philosophy, which is the basis for the most radical and demanding of all martial arts. Through mind-body exercises inspired by aikido yet designed for non-practitioners, he demonstrates the fundamental understanding behind aikido and shows how it can be applied to help set us on the path to composure, self-sufficiency, and spiritual centeredness. Combining illuminating personal anecdotes with practical advice, this award-winning author describes the ways in which aikido can help turn life’s unanticipated blows into gifts and transform discord into harmony, anxiety and pain into vital energy. Exhilarating, enlightening, and filled with unique wisdom, The Way of Aikido is an inspiring lesson in balance, confidence, and power. “The Way of Aikido does no less than open the door to the universe and invite you through to become one with it, to become balanced, powerful, energetic, alert, and present.”—Susan Trott, author of The Holy Man and Crane Spreads Wings

Dear Anita has always held Aiki Dragon’s spirit within her heart, giving her protection and guidance for her journey as a warrior. She was born into a family blessed with love, humor, trust, and various philosophies, and she learned how to become one with all that surrounded her. She discovered the universe’s power of love, for it dwelled within her, along with her enthusiasm and high energy. As a child, Dear Anita learned to communicate with a playmate who spoke another language, fly a tricycle, and stand up bravely to the neighborhood bully. She became one of the first and youngest female pilots and aviation attorneys. Then the universe revealed her healing powers, allowing her to become a Chinese medicine doctor. In a time of self-reflection, Dear Anita learned of the beautiful goddess Kannon and was introduced to Aiki Dragon and the world of dragons, where she discovered her Dragon Queen Ryu healing powers. Simultaneously a book from her law school years, on the harmony and techniques of Aikido, fell back into her hands and created a forever path upon her warrior’s journey—where compassion, healing, love, and gratitude unite with the universe’s plan of perfect unison...and we are all one.

The inspirational teachings in this collection show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. Drawn from the writings of the founder of the Japanese martial art of aikido, this work offers a nonviolent way to victory in the face of conflict.

Aikido Ground Fighting

A True Story About The Courage To Stand Up, Keep Going And Never Give In!

The Intuitive Body

The Philosophy of Aikido

The Teachings of Motomichi Anno Sensei

Suck It Up Or Go Home

Presents an introduction to the fundamentals of aikido, covering training, techniques, and principles of the martial art.

This autobiography describes a woman’s attainment of enlightenment in modern Japan. Satomi My?d? rejected the traditional roles of good wife and wise mother, broke with her unhappy past, and followed her spiritual path beginning as the disciple of a Shinto priest. At midlife she turned to Zen Buddhism encouraged by a female dharma friend. Yasutani R?shi she attained Kensh?, the goal of her lifetime’s search.

AikidoMy Spiritual JourneyVertical Inc

A brilliant and captivating insight into the bizarre nature of contemporary Japan. Adrift in Tokyo, teaching giggling Japanese highschool girls how to pronounce Tennyson correctly, Robert Twigger came to a revelation about himself: he’d never been fit. In a bid to escape the cockroach infestation and sweaty squalor of a cramped apartment and his mind. Not knowing his fist from his elbow the author is sucked into the world of Japanese martial arts, and the brutally demanding course of budo training taken by the Tokyo Riot Police, where any ascetic motivation soon comes up against blood-stained dogis and fractured collarbones. In Angry White Pjamas Robert Twigger skillfully combines the traditionalism, ritual and violence of the dojo (training academy) with the shopping malls, nightclubs and scenes of everyday Tokyo life in the twenty-first century - to provide an entertaining and captivating glimpse of contemporary Japan.

Aikido and the New Warrior

Aikido

The Fundamentals

Asian Martial Arts

Aikido in Everyday Life

The Spirit of Aikido

Aikido in America

A leading American aikido teacher shows how this 20th-century martial art developed from the ancient spiritual traditions of Japan, not as a fighting method but rather as a means of becoming one with the laws of universal order.

The Life-Giving Sword: Kazuo Chiba’s Life in Aikido spans modern Japanese history and ranges across the world to tell the story of a man with a mission - to understand and transmit the modern martial art of Aikido. It’s a story full of struggle and heartbreak that will leave the reader with a new appreciation of an immigrant’s achievements and the transformative power of a unique physical and spiritual practice.

Drawing on Zen philosophy and his expertise in the martial art of aikido, bestselling author George Leonard shows how the process of mastery can help us attain a higher level of excellence and a deeper sense of satisfaction and fulfillment in our daily lives. Whether you’re seeking to improve your career or your intimate relationships, increase self-esteem or create harmony within yourself, this inspiring prescriptive guide will help you master anything you choose and achieve success in all areas of your life. In Mastery, you’ll discover:
• The 5 Essential Keys to Mastery
• Tools for Mastery
• How to Master Your Athletic Potential
• The 3 Personality Types That Are Obstacles to Mastery
• How to Avoid Pitfalls Along the Path
• and more...

The Intuitive Body draws on the principles of the non-aggressive Japanese martial art aikido and meditation to present a fresh approach to cultivating awareness, attention, and self-acceptance. Author Wendy Palmer shows readers through basic practice and partner exercises how to become more aware of the body and trust its innate wisdom. She introduces exercises from the Conscious Embodiment and Intuition Training program she pioneered, connection movement, meditation, and breathing. These exercises form a daily practice that can help the process of integration, of deepening and unifying the self, and learning to deal with fear and anger. Written in a direct yet nurturing style and based on the author’s many years of practice and teaching, this revised edition of The Intuitive Body contains new material on Conscious Embodiment movement and meditation practices. Also here are new chapters on advocating without aggressing and the wisdom of not knowing—embodying the qualities of dignity and integrity in everyday life. The book is ideal for readers who are already engaged in the process of becoming, as well as for those who are looking for ways to find the courage to begin.

Giving in to Get Your Way

Kazuo Chiba’s Life in Aikido

It’s a Lot Like Dancing

Complete Aikido

Aikido Kyohan: The Definitive Guide to the Way of Harmony

Journey in Search of the Way

The Philosophy of Takemusu Aiki

Here is a unique approach to the teachings of the Founder of Aikido, Morihei Ueshiba, as interpreted by his direct student of fifteen years. Mitsugi Saotome examines the spiritual philosophy of the Founder, the warrior ideals of feudal Japan as the basis of his martial arts philosophy, and the scientific principles underlying the philosophy of Aikido technique. The author shows that the physical movement of Aikido is the embodiment of principles of the spirit. Negative force is not countered with aggression but is controlled and redirected through the power and balance of spiral movement. This is the shape of Aikido and the dynamic shape at the foundation of all energies of existence. Aikido movement can only be understood from its roots in universal law and the processes of nature. The sincere practice and study of Aikido deepens our appreciation for the perfection of nature’s balance and brings us back into harmony with our environment, other people, and ourselves. Abundantly illustrated with the author’s drawings, diagrams, and calligraphies, as well as photographs demonstrating Aikido techniques, the book also offers a history of Aikido, personal anecdotes about the Founder, and translations of several of his lectures.

Master the techniques of aikido with this illustrated martial arts guide. Complete Aikido is the authoritative text on this enlightening martial art and self-defense system. This definitive aikido guide is packed with history and philosophy, and offers precise descriptions with over 400 photographs illustrating the correct—and incorrect—way to execute aikido techniques. In the almost thirty years since the death of aikido founder Morihei Ueshiba O’Sensei, his many students have spread his philosophy and vision across the world, including author Roy Suenaka. Complete Aikido provides insights into the three leading styles of this Japanese martial art: the original art developed by founder Morihei Ueshiba O’Sensei, the Shin-Shin Toitsu aikido of Koichi Tohei Sensei, and the Suenaka-ha Tetsugaku-ho aikido of Roy Suenaka Sensei. Both a fascinating martial biography and a comprehensive instructional manual, this aikido book is a must for all practitioners seeking the way of harmony.

Drawing on the poetic wisdom of the Tao Te Ching, American sensei Wendy Palmer translates the powerful teachings of aikido for use in everyday life. With poignant reflections on her own life, including teaching inmates in a woman’s federal prison, she describes how we can regain our sense of freedom, vitality, and integrity when under the duress of life’s "attacks" by transforming our negativity into budo, or unconditional love. The Practice of Freedom is invaluable not only for students of aikido and other movement and martial arts, but also for those who seek to live with confidence and self-reliance, to establish clear and compassionate boundaries, and to deepen their capacities for relationships.

In this first full autobiographical work, the legendary aikido grandmaster Gozo Shioda tells of his exciting life. Born in Tokyo in 1915, Shioda excelled as a student of Morihei Ueshiba, the founder of aikido. He went on to win first place in the All Japan Martial Arts Exhibition in 1954; and later, founded the Yoshinkan school of aikido, considered a "hard" style for its rigorous training techniques and emphasis on correct form. In 1988, Shioda was awarded the title of Aikido Master by the International Martial Arts Federation. Over the course of his distinguishehd career, he also served as the chief instructor for the Tokyo Metropolitan Police, the Air Self-defense Force, the Japanese National Railways, and a number of leading Japanese universities. In Aikido: My Spiritual Journey, Shioda relates moving, personal anecdotes about Ueshiba and imparts what he learned from his mentor. He offers a concise overview of the key elements of aikido, including breath power, focused power, and the power of the center line. About 20 rare photos of the author, chronicling his life in aikido, are also included. Yasuhisa Shioda, the author’s son and himself a prominent figure in the aikido world, has contributed the Afterword to this volume.

A Life in Aikido

The Life-Giving Sword

The Practice of Freedom

Grappling and Submission Techniques

My Spiritual Journey

Morihei Ueshiba (1883-1969) - O’Sensei - was a prominent practioner of the Japanese martial arts, from which he developed an entirely new style, Aikido. For him, this martial art was much more than just a combat technique: it is based crucially on Ki, an energy flow in humans themselves, which can be intensified by the related cosmic energy. Aikido never uses physical force in countering an attack, but aims at harmony combined with practicing non-resistance. O’Sensei’s astonishing performances were attributed not to his renowned technical skill, but primarily to his spiritual orientation. As he saw it himself. Physical, metaphysical, and spiritual aspects of Aikido indicated by its creator and put into practice are described in this booklet with his practical directions for Aikido. Essential forces in the universe and corresponding concepts instructive for martial arts, as Ai, Ki and Takemusu Aiki, are clarified. To find your own way as well. O’Sensei’s wording has been followed closely, but the writer’s systematic approach clarifies the coherence in this overview of his thinking. It shows how Ueshiba connects his religious vision on harmony in the universe with what one would not easily expect: an effective modern martial art developed from Japanese traditions.P.P.J. Overvoorde is philosopher and on his way in Aikido.

Marine Corps Reference Publication (MCRP) 3-02B. Marine Corps Martial Arts Program (MCMAP), is designed for Marines to review and study techniques after receiving initial naming from a certified Marine Corps martial arts instructor or martial arts instructor trainer. It is not designed as a self-study or independent course. The true value of Marine Corps Martial Arts Program is enhancement to unit training. A frilly implemented program can help instill unit esprit de corps and help foster the mental, character, and physical development of the individual Marine in the unit. This publication guides individual Marines, u leaders, and martial arts instructors/instructor trainers in the proper tactics, techniques, and procedures for martial arts training. MCRP 3-02B is not intended to replace supervision by appropriate unit leaders and martial arts instruction by qualified instructors. Its role is to ensure standardized execution of tactics, techniques, and procedures throughout the Marine Corps. Although not directive, this publication is intended for use as a reference by all Marines in developing individual and unit martial arts programs. For policy on conducting martial arts training, refer to Marine Corps Order 1500.59, Marine Corps Martial Arts Program (MCMAP). WARNING Techniques described in this manual can cause serious injury or death. Practical application in the training of these techniques will be conducted in strict adherence with training procedures outlined in this manual as well as by conducting a thorough operational risk assessment for all training.

The urge to forge one’s character by fighting, in daily life as well as on the mat, appeals to something deep within us. More than a collection of fighting techniques, martial arts constitute a path to developing body, spirit, and awareness. On the Warrior’s Path connects the martial arts with this larger perspective, merging subtle philosophies with no-holds-barred competition, Nietzsche with Bruce Lee, radical Taoism and Buddhism with the Star Wars Trilogy, traditional martial arts with basketball and American Indian culture. At the center of all these phenomena is the warrior. Though this archetype seems to manifest contradictory values, author Daniele Bolelli describes the heart of this tension: how the training of martial technique leads to a renunciation of violence, and how overcoming fear leads to a unique freedom. Aimed at students at any level or tradition of martial arts but also accessible to the armchair warrior, On the Warrior’s Path brings fresh insights to why martial arts remains an enduring and widespread art and discipline. Two new chapters in this second edition focus on spirituality in the martial arts and the author’s personal journey in the field.

Asian Martial Arts: Constructive Thoughts & Practical Applications represents an international gathering of friends who happen to be highly qualified martial art scholars and practitioners. This martial arts book is a collection of articles from practitioners who have come together in celebration of the 20-plus years that Journal of Asian Martial Arts has inspired scholarship to higher academic standards while encouraging all aspects of responsible practice. Each article was written specifically for Asian Martial Arts, with topics representing the rich variety found in the Asian martial traditions.