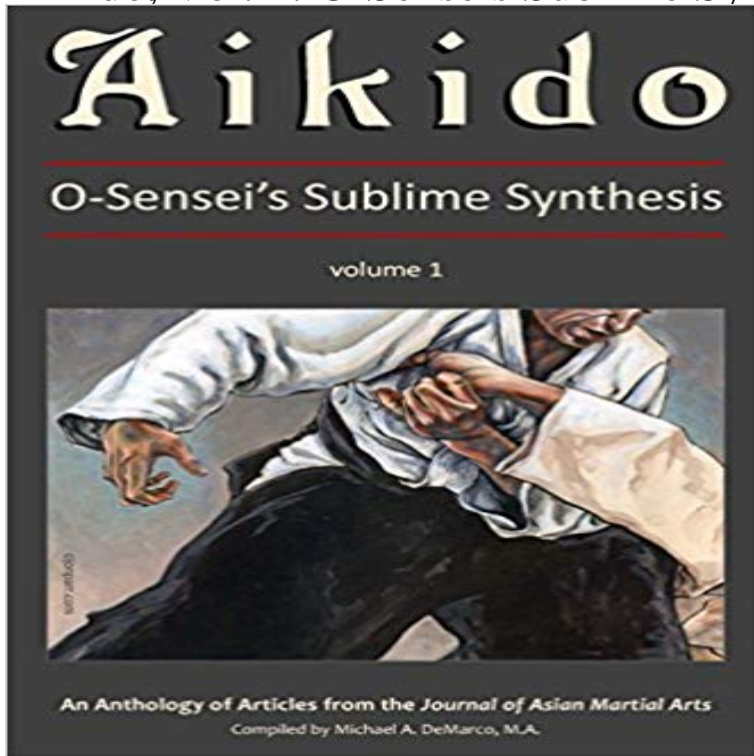


Aikido, Vol. 1: O-Senseis Sublime Synthesis



How can we fully understand aikido, or any other martial art for that matter, when we have only been exposed to part of it? While learning about the art, we can easily make assumptions and be tricked by false impressions. In most cases, even instructors do not have enough background to grasp the entirety of the art and are happy to work with part of it. The content in this special two-volume anthology details the many facets of aikido as it was formulated by Morihei Ueshiba (1883-1969) O-Sensei, the great teacher. Each chapter contributes to a piece of the aikido puzzle by providing historical details, insightful technical drills (bare handed and with weapons), and components that have flavored this art with a spiritual essence. From the Ueshiba wellspring flows a number of streamspolitical splinter groups offering their own take on what aikido should be and how it should be practiced. Each branch may stand on its own, but a good number of scholars and practitioners prefer a more encompassing representation of what O-Sensei taught. So, chapters in these volumes help put Humpty Dumpty back together again. Volume I includes ten chapter and volume II another fourteen. The authorstwenty-one in allpresent superb credentials as scholars and practitioners of aikido. On the academic side, youll find chapters that detail aikidos philosophy, from ethical relationships and practical theory to the subtle spiritual dimension. A few authors highlight the circumstances regarding the transmission of aikido from teacher to student. Some authors show how culture influences the perception and understanding of aikido when it travels outside Japan. Aikido is often practiced as a system of body movement encompassing a philosophy of peace and harmony. Others may focus on learning the art for its effective methods of self-defense. Composed of material previously published

in the Journal of Asian Martial Arts, this two-volume anthology is heavy on the technical aspects of aikido that both teachers and students would benefit by reading. Training methods are discussed in detail, supported by hundreds of illustrations of attack and defense.

Whatever your primary interest is in aikido, Aikido: O-Senseis Sublime Synthesis will prove to be a great reference for the scholar and practitioner. We hope this convenient collection of quality material dealing with Morihei Ueshibas martial discipline will benefit your research and inspire the practice of this elegant art.

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