



The Secret Teachings of Aikido

Morihei Ueshiba

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The Secret Teachings of Aikido Morihei Ueshiba

Aikido evolved from the rich martial traditions of Japan, and was developed by Morihei Ueshiba based on their profound philosophies. In this book, the author explains how Aikido is both the spirit of love and the study of that spirit. In unique and incisive language, Ueshiba discusses the arcane aspects of Aikido's aims and techniques, as well as the central importance of breathing, ki (*chi*), and Aikido's relationship to the spirit and body - these form the very essence of Aikido.

He goes on to consider the virtues of this revered martial art, urging the reader to link to the universe through Aikido, and ultimately to unify the divine and human. He also explains the essence of *Takemusu aiki* (valorous force of procreation and harmony), and *Misogi* (the ritual of purifying oneself).

The book includes many rare photos of the author - on both his techniques and his everyday life. Also included are his twenty-five *doka* (spiritual Japanese-style poems) in Japanese, English, and Romanization. The introduction was written by his grandson, Moriteru Ueshiba, the present Aikido Doshu.

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Spent a free time for you to be fun activity to do! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could possibly be reading a book may be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try look for book, may be the guide untitled The Secret Teachings of Aikido can be great book to read. May be it can be best activity to you.

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