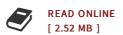


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Journey To The Heart Of Aikido (Paperback)

By Linda Holiday

North Atlantic Books, U.S., United States, 2013. Paperback. Condition: New. Language: English. Brand New Book. 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...



Reviews

The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think.

-- Adolfo Lindgren

The best publication i actually study. We have study and that i am certain that i will likely to study once more again later on. Your daily life span will likely be transform the instant you total reading this book.

-- Mrs. Alene Leffler DVM