



The Essence of Aikido: Spiritual Teachings of Morihei Ueshiba

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This collection of writings by the founder of aikido, Morihei Ueshiba, illuminates the philosophical basis of the traditional martial arts. It contains photographs of Ueshiba in action from his early youth to his final years at the height of his fame. Chapters include Ueshiba's calligraphy and a full transcription of epigrams and poems in English, romanized and Japanese orthography.

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Editorial Review

Review

"... indispensable book for the serious aikidoka ... the best technical photos of the founder that I have ever seen...." -- *Aiki News*

Language Notes

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Original Language: Japanese

About the Author

MORIHEI UESHIBA, born in Western Japan in 1883, is the founder of the popular martial art of Aikido. After mastering classical styles of judo, kendo, and jujutsu, he created Aikido, based on the spiritual teachings of the Omoto-kyo religion. After the Second World War, Morihei established the Aikikai Foundation to promote Aikido throughout the world. Morihei died in 1969.

The translator and compiler, **JOHN STEVENS**, is a professor of Buddhist studies and Aikido instructor at Tohoku Fukushi Daigaku in Sendai, Japan. He is the translator of Morihei Ueshiba's seminal work, *Budo*, and the author of several books on Aikido and Buddhism.

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