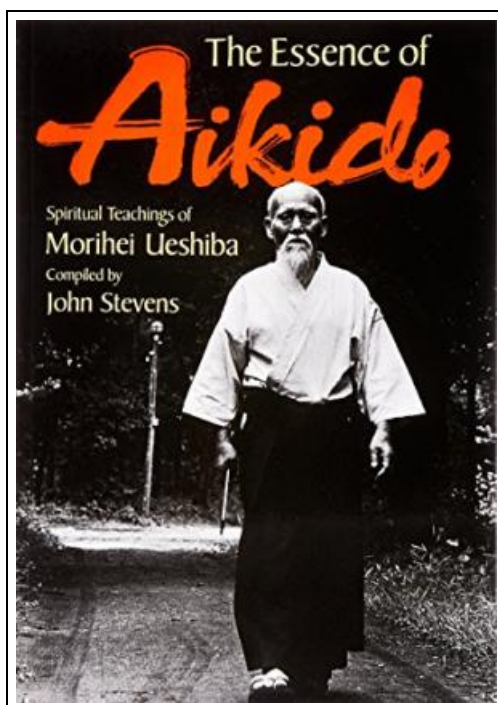


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Kodansha America, Inc, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. For the first time in English, The Essence of Aikido presents the profound philosophy of Aikido in Morihei s own words, disclosing many of the arcane secrets of Aikido s aims and methods. Considered by many to be the greatest martial artist and spiritual teacher of the twentieth century, Morihei provides a wealth of clues to the often puzzling nature of the inseparable link between the physical and spiritual aspects of Aikido, revealing the heart of the peaceful warrior s art. Elegantly translated and compiled by John Stevens, translator of Morihei s.



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