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documentary with

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The founder of Aikido,

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~~William Gleason Sensei~~

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book about the martial  
art of aikido. Oscar  
Ratti and Adele

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Westbrook, husband  
and wife, wrote Aikido  
and the Dynamic  
Sphere shortly after they  
had achieved shodan  
rank in aikido, and a  
short stay in Japan. It is  
based largely on the  
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Ohara, founder of the  
New York Aikikai.

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One must achieve a very high level of integration of the powers of mind and body, the harmonious combination of physical means and ethical motives. By controlling body position and learning how to harmonize vital physical and mental powers, anyone (regardless of size, strength or weight)

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can fend off attacks  
using this sophisticated  
martial art. Written and  
illustrated by

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Oscar Ratti and Adele  
Aikido Martial  
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of Neutralization

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one must achieve a very  
high level of integration  
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motives. By controlling body position and learning how to harmonize important physical and mental abilities, anyone (regardless of size, strength or weight) can fend off attacks using this sophisticated martial art. Written and illustrated by husband/wife team, Oscar Ratti and Adele

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Discusses the principles,  
postures, organization,  
and history of the  
Japanese martial art and  
presents graduated  
outlines of the major  
projections and  
movements

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Aikido — a martial art  
deriving its effectiveness,  
like judo and karate,  
from the flow of ki —  
techniques that, when

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thoroughly mastered,  
enable the gentle to  
overcome the strong —  
exercise and sport for  
men and women of all  
ages, based on natural  
movements and  
harmony of mind and  
body Ancient theory,  
modern practice:  
Dynamic Aikido brings  
together the whole  
spectrum of theoretical  
and applied aikido.

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Through it, one can become perfectly attuned to one's opponent, can sense his intentions and turn his movements to one's own advantage.

Comprehensive and fully illustrated, Dynamic Aikido presents the basic postures and stances, fundamental techniques and applications: how to

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cope with a frontal  
attack, how to avoid an  
attack from the rear,  
how to sense and thwart  
the pickpocket. An  
essential companion for  
every beginner, a vital  
reference for students of  
all levels.

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## Mysteries

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Explains the principles,  
and basic postures and  
movements of aikido  
with special emphasis on  
key points to perfect  
one's technique, develop  
greater strength, and  
increase one's speed

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Secrets of the Samurai is  
the definitive study of  
the martial arts of feudal  
Japan, explaining in  
detail the weapons,

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techniques, strategies,  
and principles of  
combat that made the  
Japanese warrior a  
formidable foe. The  
work begins with a  
panoramic survey of the  
tumultuous early  
struggles of warlords  
contending for political  
ascendancy and then  
outlines the relentless  
progression of the  
military class toward

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absolute power. In addition to illustrating actual methods of combat, the authors discuss in detail the crucial training necessary to develop a warrior's inner power and to concentrate all his energies into a single force. Secrets of the Samurai is an essential text for anyone with an interest in Japanese

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combat techniques,  
weaponry, or military  
history. This edition also  
contains a new foreword  
by Adele Westbrook and  
numerous previously  
unpublished illustrations  
by Oscar Ratti.

Chapters include: The  
Bushu The Heimin The  
Centers of Martial  
Instruction Armed  
Bujutsu Unarmed  
Bujutsu Control and

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Power Strategic  
Principles Morality of  
Bujutsu

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Here is a unique To

approach to the  
teachings of the

Founder of Aikido,

Morihei Ueshiba, as

interpreted by his direct  
student of fifteen years.

Mitsugi Saotome

examines the spiritual

philosophy of the

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Founder, the warrior  
ideals of feudal Japan as  
the basis of his martial  
arts philosophy, and the  
scientific principles  
underlying the  
philosophy of Aikido  
technique. The author  
shows that the physical  
movement of Aikido is  
the embodiment of  
principles of the spirit.  
Negative force is not  
countered with

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aggression but is controlled and redirected through the power and balance of spiral movement. This is the shape of Aikido and the dynamic shape at the foundation of all energies of existence.

Aikido movement can only be understood from its roots in universal law and the processes of nature. The sincere

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Dynamic study of  
Aikido deepens our  
appreciation for the  
perfection of nature's  
balance and brings us  
back into harmony with  
our environment, other  
people, and ourselves.  
Abundantly illustrated  
with the author's  
drawings, diagrams, and  
calligraphies, as well as  
photographs  
demonstrating Aikido

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techniques, the book  
also offers a history of  
Aikido, personal  
anecdotes about the  
Founder, and  
translations of several of  
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