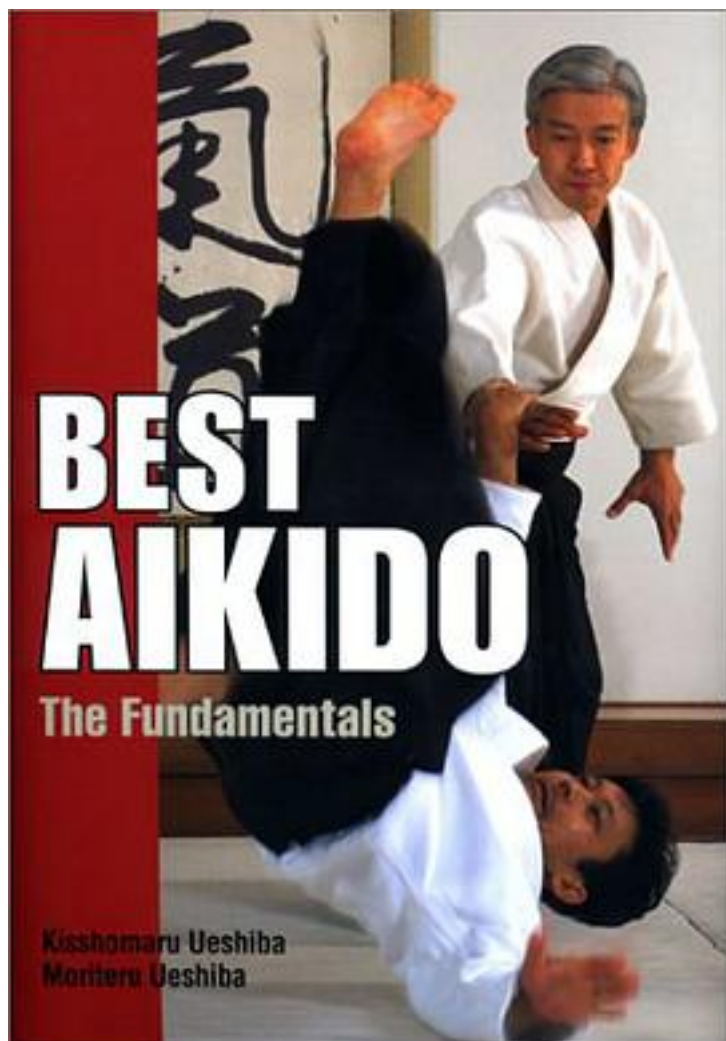


Best Aikido



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At last, the complete and authoritative introduction to all the fundamentals of Aikido, coauthored by the two direct successors to the Founder of the martial art, Morihei Ueshiba. Coauthors Kisshomaru Ueshiba and Moriteru Ueshiba, son and grandson of the Founder, seek to carry on his legacy and to share with the millions of men and women around the world practicing Aikido today the most important techniques and principles of the art.

This book is the quintessential training aid for all Aikido practitioners-whether beginning or advanced-who wish to further their understanding of the forms and spirit of Aikido.

Underlying the forms, or physical techniques, are the spiritual principles of Aikido, which are based on the notion of ki, or "life force." Ki is the fundamental element to understanding Aikido. But as the authors explain, it cannot be learned merely by watching a demonstration or reading a book. Rather, one must come to experience it through practice, in unifying body and mind.

Best Aikido helps guide the practitioner to this goal. It offers step-by-step instruction that will complement knowledge learned in the dojo. The text is illustrated with a wealth of never-before-seen photographs that feature Aikido master Moriteru Ueshiba demonstrating the fundamental techniques of the art.

Best Aikido is authorized by the Aikikai Foundation, the central organization set up by Morihei Ueshiba.

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