



## The Essence of Aikido: Spiritual Teachings of Morihei Ueshiba

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# The Essence of Aikido: Spiritual Teachings of Morihei Ueshiba

## The Essence of Aikido: Spiritual Teachings of Morihei Ueshiba

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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