



## The Heart of Aikido: The Philosophy of Takemusu Aiki

By Morihei Ueshiba, John Stevens, Hideo Takahashi

Kodansha America, Inc. Hardback. Book Condition: new. BRAND NEW, The Heart of Aikido: The Philosophy of Takemusu Aiki, Morihei Ueshiba, John Stevens, Hideo Takahashi, With its message of universal harmony, the martial art of Aikido is attracting an ever-expanding number of followers all around the world. There are now 1,600,000 Aikido practitioners in 90 different countries. The Heart of Aikido: The Philosophy of Takemusu Aiki focuses on the human values and promotion of peace that legendary founder Morihei Ueshiba believed were at Aikido's core. Takemusu Aiki means, 'the life-generating force capable of unlimited transformations,' an idea that serves as the spiritual foundation on which Aikido rests. The book, translated into.



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