



Aikido: The Way of Harmony

John Stevens

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This definitive, profusely illustrated manual covers the essential elements of the philosophy and practice of Aikido, the Japanese martial art that has been embraced by modern psychology and many Western bodywork therapies.

Useful to the beginner and experienced practitioner alike, the book details the traditional methods and techniques of Shirata Rinjiro, of whom John Stevens is a principal student. Noted for the precise execution of a wide range of techniques and an emphasis on Aikido as a spiritual path, Shirata Sensei's teachings exemplify the way of the warrior: superior technical prowess combined with profound spiritual insight.

In addition to photographs and descriptions of all the important Aikido techniques, Stevens recounts interesting and lively anecdotes about the history of Aikido and its founder, Ueshiba Morihei, who developed it from a martial art into a spiritual discipline. A biography of Shirata Sensei, complete with his reflections on sixty years of Aikido practice, is also included.

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