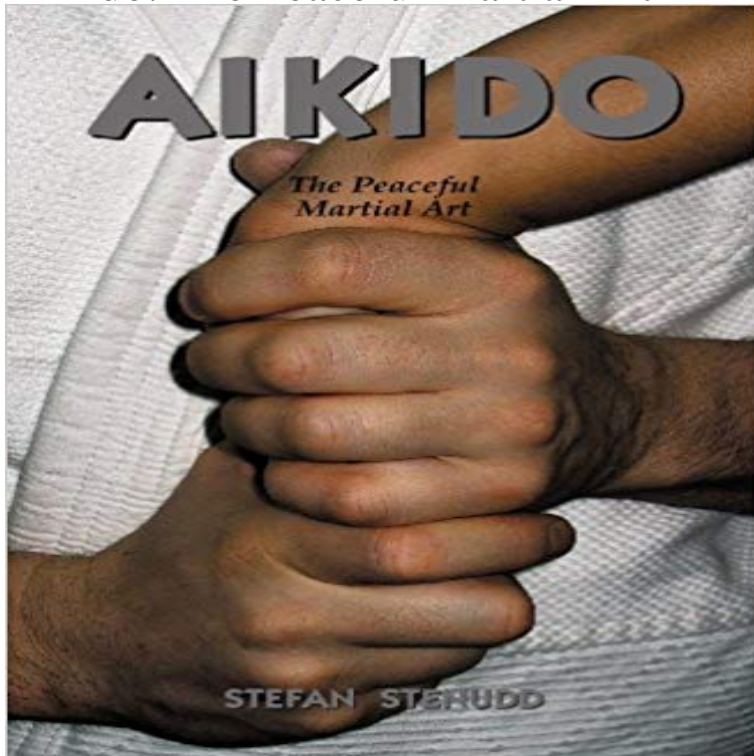


## Aikido: The Peaceful Martial Art



Aikido is the peaceful martial art. There are no attacks in aikido, only defense, and this defense should be so gentle that even the attacker is delighted by it. It is an art that takes a lifetime to learn, and it gets increasingly fascinating by each year. This book presents the principles and fundamental concepts of aikido deeply rooted in Eastern philosophy and the refined ideals of the samurai. The first part of the book examines the aikido principles of how to find the peaceful solution, and how to enjoy aikido practice to the fullest. The second part explains the Japanese concepts used in aikido, such as ki, life energy, tanden, the center, and many more. There is also a chapter about kototama, the spiritual cosmology that was central to the founder of aikido. The third part includes an aikido glossary. (KINDLE edition: Some formatting errors have been corrected on September 17, 2011, to make the book and its images display properly.) Stefan Stenudd is a Swedish aikido instructor, 6 dan Aikikai, and member of the Swedish Grading Committee, the Swedish Budo Federation Board, and the Directing Committee of the International Aikido Federation. He has practiced aikido since 1972. He is also a writer of both fiction and non-fiction.

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