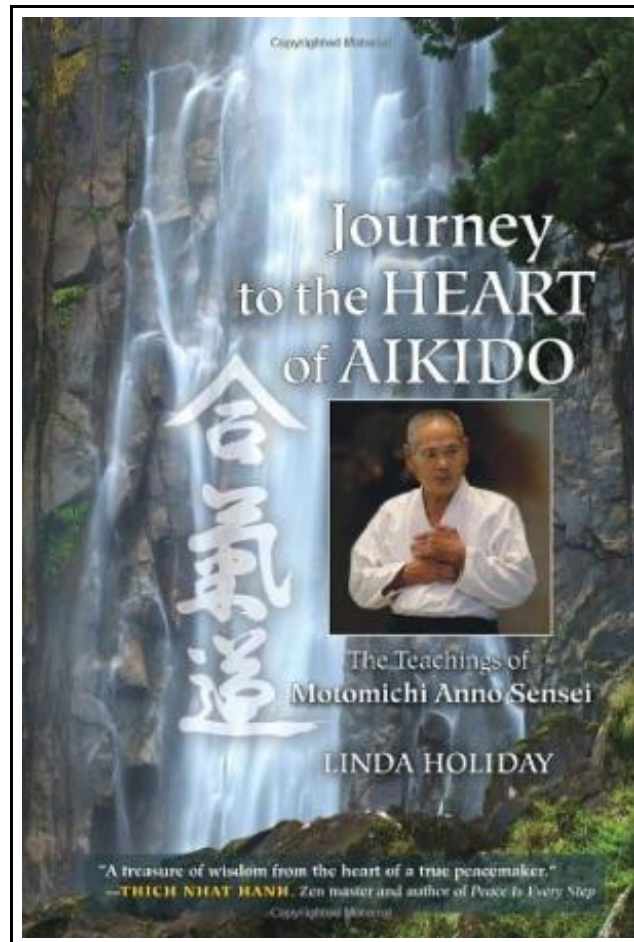


Journey to the Heart of Aikido: The Teachings of Motomichi Anno Sensei



Filesize: 7.6 MB

Reviews

It in a single of my favorite ebook. It can be packed with knowledge and wisdom I am just happy to tell you that this is basically the finest ebook i have got study in my very own lifestyle and may be he greatest pdf for actually.

(Dr. Jaquan Goodwin Jr.)

JOURNEY TO THE HEART OF AIKIDO: THE TEACHINGS OF MOTOMICHI ANNO SENSEI



Blue Snake Books, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "This book is a treasure of wisdom from the heart of a true peacemaker, offering a tangible experience of interbeing as well as practices we can use every day to cultivate well-being and compassion." -- THICH NHAT HANH, Zen master and author of *Peace Is Every Step* "The sublime life and teachings of Morihei Ueshiba are authentically presented in *Journey to the Heart of Aikido* through the lifelong training of Motomichi Anno as well as Linda Holiday's amazing dedication and research. As one who studied with the Master in his tiny nightly class right after World War II, I am overjoyed that the essence of what I witnessed and learned in Japan's countryside sixty-five years ago is now available to the public in the Western world." -- KAZUAKI TANAHASHI, author of *Brush Mind*; co-translator of *Aikido* by Kisshomaru Ueshiba, under the direction of Morihei Ueshiba "Entertaining, insightful, at times humorous, but always compelling. Linda Holiday's *Journey to the Heart of Aikido* is a monumental work that documents the teachings of Aikido master Motomichi Anno, a direct student of the art's founder, Morihei Ueshiba. Over the years, Linda has become intimately acquainted with the culture of Japan to a level few foreigners attain. I wholeheartedly recommend Linda Holiday's book to every aikido practitioner and martial arts aficionado. It is a complete package that will not fail to inform and inspire, and is surely destined to become a classic." -- STANLEY PRANIN, editor of *Aikido Journal* "Linda Holiday shares her journey with us, with honesty and clarity. As the story unfolds, step by step her quest becomes clear; she devotes herself as a student of Hikitsuchi Sensei, and then Anno Sensei becomes her..."



[Read Journey to the Heart of Aikido: The Teachings of Motomichi Anno Sensei Online](#)



[Download PDF Journey to the Heart of Aikido: The Teachings of Motomichi Anno Sensei](#)

Other eBooks



Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children...

[Save ePub »](#)



Maisy's Christmas Tree

Candlewick, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The final scene of the gang caroling around the tree, complete with paper crowns from British Christmas crackers, is...

[Save ePub »](#)



Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How...

[Save ePub »](#)



The Web Collection Revealed, Premium Edition: Adobe Dreamweaver CS6, Flash CS6, and Photoshop CS6 (Stay Current with Adobe Creative Cloud)

Cengage Learning, 2012. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You can now maximize and integrate the design and development power of Adobe Creative Suite 6 with WEB...

[Save ePub »](#)



Flips and Spins (Orange A) NF

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Flips and Spins (Orange A) NF, Jill McDougall, This title is part of Pearson's Bug Club - the first whole-school reading programme that joins books and...

[Save ePub »](#)