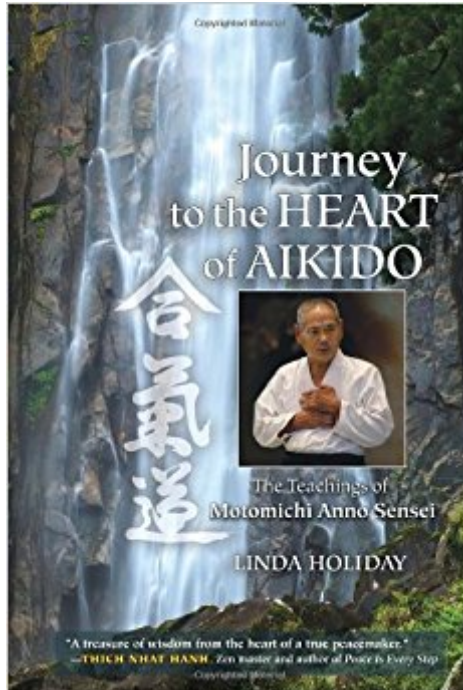


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# Journey To The Heart Of Aikido: The Teachings Of Motomichi Anno Sensei



## Synopsis

Journey to the Heart of Aikido presents the teachings of Motomichi Anno Sensei, one of the few remaining direct students of Morihei Ueshiba, the legendary founder of Aikido. After a lifetime of practice and teaching in Japan, the United States, and Europe, Anno Sensei conveys through his teachings Aikido's essential spirit of love, harmony, gratitude, and purification with simple authenticity and eloquence. Author and translator Linda Holiday--herself a senior instructor of Aikido--brings to life the intimacy of this communication through translated discourses on the deep practice of Aikido and candid dialogues between Anno sensei and Western students. Journey to the Heart of Aikido includes Linda Holiday's vivid account of her adventure as a young woman studying Aikido in the mystical region of Kumano, Japan, in the 1970s, and a poignant telling of Anno sensei's life and his first-hand experience of training with Aikido's founder. An essential resource for the global Aikido community, Journey to the Heart of Aikido also offers spiritual teachings relevant to all contemporary seekers, touching a wide range of themes such as the meaning of martial arts, the integration of body and spirit, the truth of interconnectedness, and the practice of peace, offering all readers insight into the profound spiritual questions at the heart of life.

## Book Information

Paperback: 376 pages

Publisher: Blue Snake Books; 1st Printing edition (September 10, 2013)

Language: English

ISBN-10: 1583946594

ISBN-13: 978-1583946596

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (46 customer reviews)

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## Customer Reviews

I found "Journey to the Heart of Aikido: The Teachings of Motomichi Anno Sensei" by Linda Holiday to be an engaging, enlightening, and excellent read in regards to the more inner aspects of the martial art of Aikido. The wisdom shared by Anno Sensei, based on his first hand experiences with Aikido's founder O-Sensei Morihei Ueshiba, and his decades of teaching this art, delves into the

inner aspects and spiritual teachings that O-Sensei stressed were the true meanings of the art, which are heavily into heart, peace, and love. The book is written and translated by Linda Holiday, a senior instructor of Aikido. It starts with her telling how she left for Japan in the early 1970s to begin her journey into this martial art of peace. Having also lived in Asia to study martial arts, I enjoyed learning of some of her experiences, and how she started training under Anno Sensei. (One must note that O-Sensei had just died a few years before Holiday moved to Japan, so her instructors, including Anno Sensei, were direct students of the founder, and things were still very close to how O-Sensei did things.) The second part of the book contains teachings from Anno Sensei. You can compare it to many short essays on various aspects of the art of Aikido. These reflections on the art were selected by Holiday from extensive taped interactions between Anno Sensei and Western students and teachers. They are drawn from formal classes in Aikido dojos, and conversations in more intimate settings with Anno Sensei's closest students as well as beginners, artists, musicians, teachers, and professionals in many fields.

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