



# The Spirit of Aikido

*Kisshomaru Ueshiba*

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## **The Spirit of Aikido** Kisshomaru Ueshiba

Aiki is the power of harmony, of all beings, all things working together.

Aikido-a modern Japanese martial art unique in its synthesis of classic forms with a well-defined spiritual base-offers a key to the art of living naturally and unselfishly in a complicated world. This book explains it in reference to the founder's philosophy of mind-and action. In addition, the history of aikido's prewar development as a non-competitive new martial art is described, with a consideration of its international role.

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