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## Understanding Aikido: Essential Information and Perceptions

By Jan J. Sunderlin

The Zantotsu Ryu. Hardcover. Condition: New. Jan J. Sunderlin (illustrator). 530 pages. Dimensions: 9.0in. x 6.0in. x 1.1in. In the physical disciplines that appear useful as a skillful means to ward off aggression (e. g. , martial arts), and where any of these may attempt to instill in their practitioners a humanitarian-like behavioral ethos, such as that often present in Aikido training, there exists the unfortunate possibility that the necessary mental toughness as well as the essential technique and skill required for successful self-defense can be destructively subverted by that very ethos. In the end, the desired outcome or goal of a particular style or program of Aikido training affects whether a spiritual or self-defense focus will predominate as its primary identifying attribute. A significant part of this written effort discusses how to resolve the distressing philosophical problems of Aikido that affect its technical viability while providing clarity as well as controversy for the reason of reestablishing its efficacy. This book presents an historical, cultural, and philosophical look at the development of the Japanese martial art of Aikido. Sunderlin focuses on the influences brought to bear on Morihei Ueshiba, the founder of Aikido, and the subsequent cultivation of the latter's martial...



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