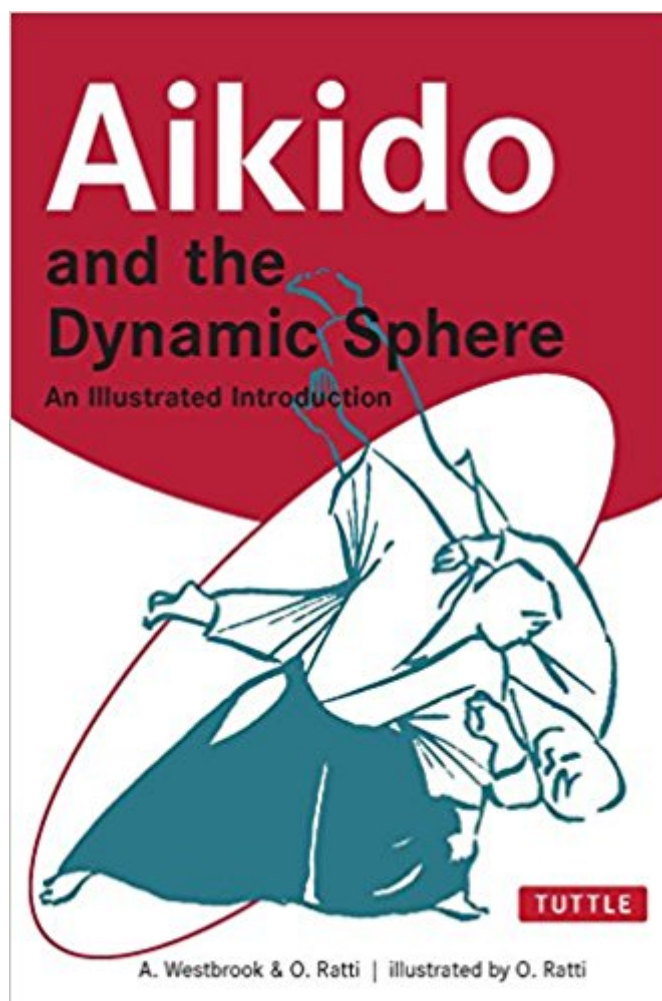


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# Aikido And The Dynamic Sphere: An Illustrated Introduction



## Synopsis

Aikido and the Dynamic Sphere: An Illustrated Introduction provides a complete foundation in the practice of one of the most distinctive and effective Japanese martial arts. Aikido was created in Japan in the 1920's by Morihei Ueshiba, also known as Osensei. To possess the skills, techniques and attitude of the true practitioner of aikido, one must achieve a very high level of integration of the powers of mind and body, the harmonious combination of physical means and ethical motives. By controlling body position and learning how to harmonize vital physical and mental powers, anyone (regardless of size, strength or weight) can fend off attacks using this sophisticated martial art. Written and illustrated by husband/wife team, Oscar Ratti and Adele Westbrook, Aikido and the Dynamic Sphere, with over 1,200 illustrations, includes many Aikido techniques in chapters such as: What is Aikido? The Foundations of Aikido The Practice of Aikido The Basic Techniques of Neutralization Advanced Practice And more!

## Book Information

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"One of the best books on Aikido on the market. Not only for the beginner, but for the advanced practitioner. It's well respected by most people in Aikido. If you're looking for a good, in-depth book, this is the one you'll want." —RyukyuBooks.com—  
"An outstanding introduction to the art of Aikido. Anyone starting out in aikido would do well to buy this book, read the beginning chapters of it and then review it from time to time. Great book!"

•AikidoJournal.com "If you are a student of Aikido, this book should definitely be in your library. If you're not a student of Aikido, this book can still be a useful way to familiarize yourself with the art on a theoretical level. It's also an interesting resource for anyone who wants to do some serious thinking about their martial art. Anyone who has ambitions to write a book on their own martial art should read this one; this is how an art should be presented."

•Examiner.com "this is a fine addition to any library. [the book definitely is worth owning."

•BestJudo.com "It has been a most useful reference for me over the years and I'd highly encourage any adult to make it a part of your personal Aikido library." •Teresa Mastison Sensei, Aikido of Phoenix

Oscar Ratti received his degree in classical studies and law from the University of Naples where he was intercollegiate Greek-Roman wrestling champion and a member of the championship judo team. He later came to the United States and began to study aikido with Yasuo Ohara, one of the first instructors to teach in New York. Adele Westbrook studied philosophy at Columbia University at the same time co-author Oscar Ratti was doing graduate work in the classical languages. They began to practice aikido together, and while studying under a variety of instructors in the United States and Europe, started the collection of notes and sketches which finally developed into this illustrated introduction to the art of aikido. They also authored *Secrets of the Samurai*, and Mr. Ratti, now deceased, also provided the illustrations for *Code of the Samurai*, both available from Tuttle Publishing.

This book represents the best attempt at documenting Aikido techniques and physical exercises short of training. I got my copy after reading *An Open Secret: A Student's Handbook for Learning Aikido Techniques of Self-Defense and the Aiki Way* (great book, I highly recommend it to accompany this book). I wanted to get a better understanding of Aikido movement and have a reference for the various techniques taught at class. Westbrook and Ratti, the book's authors have done a tremendous job in compiling diagrams of Aikido technique, movement, exercise and principles. It is an illustrative guide that touches on nearly every aspect of physical Aikido training and attempts to quantify the mental - spiritual aspects that set Aikido apart in the martial arts. This is voluminous work that is nearly 400 pages long in print. When viewed in eBook format it's extremely big. The drawings are all original and illustrative of the author's understanding of Aikido. It's plain that this work was painstakingly created with great care and diligence. There is a brief historic summary of the Japanese martial arts to give a reader some sense of grounded history. The

requisite details of proper etiquette, clothing, standard grading and a discussion of "energy" principles are given. This book while prepared in the 1960's, still sets the "standard" for all books on Aikido technique. Where the author's work fall short is in trying to quantify Aikido movement into charts, diagrams, flow charts, mathematical formula and physics. While the latter certainly is a key element to initially learning techniques, to truly learn and understand the power of Aikido it must be felt. Like Life itself - Aikido is an experience. On the plus side, Aikido and the Dynamic Sphere represent the most thorough catalog of movement and techniques available anywhere. It is important to keep in mind that names of practices and techniques have been modified within Aikido sub-style since this book's first publication. Subsequent update revisions have not caught these differences. The information presented in this book can be confusing for beginning students. Advanced students will find that the information in this book can provide much insight and detail into the physics of Aikido technique.

This is a fantastic book, overall, though I am probably not experienced enough yet to fully utilize it. The techniques are fully illustrated, and there is text to back it up where it's less clear. Foundational techniques like the kote gaeshi are illustrated in great detail, then other techniques that are built off of it are less descriptive, but still show what's going on. This book illustrates the flow of the techniques well, and while I'm sure it would be easier for a more experienced practitioner to follow, it helps me as a beginner to get a better grasp on the techniques that I've learned.

A classic, with Ratti's excellent line drawings illustrating every move. As a member of Ki Society, the close relationship with Tohei Sensei's work is very satisfying. I could wish the authors' idiosyncratic classification system for the techniques were cross-referenced with the Japanese names of the arts. Had hoped for a somewhat more useful reference work when I can't quite recall the difference between (say) an en-undo and a tobikomi. But making my own marginal notes fixes that, over time.

If you're going to buy one book on Aikido this is it. The first half of the book gives you a very thorough history of martial arts, of Aikido and of the basic principles. The illustrations are very clear. The only drawback is that the attacks and techniques aren't in their Japanese names, rather they are in the U.S. style (which I've never understood) of technique 12 against attack 3.

I started Aikido recently and was inundated with new information. Every technique had its own name (in Japanese!) and it was hard to remember these names with all the moves, only doing them in the

dojo a couple times. I don't know how you could make a manual to a martial art better than this one. Each immobilization and projection is clearly labeled and described with great illustrations. It has helped me to understand the terminology and get the basic ideas behind not only the techniques but also the art of Aikido itself. I consistently go back and review the techniques before and after practicing in the dojo. This work continues to do its job of helping me past the terminology and basic ideas of the techniques and leaving me to do real life practice. I highly recommend this book to anyone interested in practicing Aikido at any level for any length of time.

Read part as green belt. beyond me. Read at it again as Brown Belt ...only half made sense. Read it after achieving my Black Belt and liked it. After Nidan achieved Loved it ! So I'm a slow "understander" or it is just so well done that it appeals to people at all levels.

This book is a very good read. If you are a beginner this book is a great way to help you understand this form of martial arts a lot. If you have been in this form of martial arts for a while it's still a good way to brush up on your understanding. This writer did a fantastic job.

Since its publication decades ago, it has justly remained one of the top books on Aikido. The depth of explanation of both technical and non-technical aspects of the art are its special draw, along with the wide range of preliminary exercises given, whose importance is sometimes underestimated. Again, a main feature of the book, as contrasted with most others on Aikido, is that it makes deep analyses of the various aspects of the art, from ethics and theoretical underpinnings to the techniques that are practiced in training, and even touching on the highest levels, though it is by nature an introductory book. Practitioners of other martial arts may find valuable concepts here as well; not to mention simply gaining insights into the art that are not usually perceptible merely from watching a demonstration.

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