



# **Aikido and the Dynamic Sphere: An Illustrated Introduction (Tuttle Martial Arts)**

*Adele Westbrook*

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**Aikido and the Dynamic Sphere: An Illustrated Introduction (Tuttle Martial Arts)** Adele Westbrook  
*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!

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