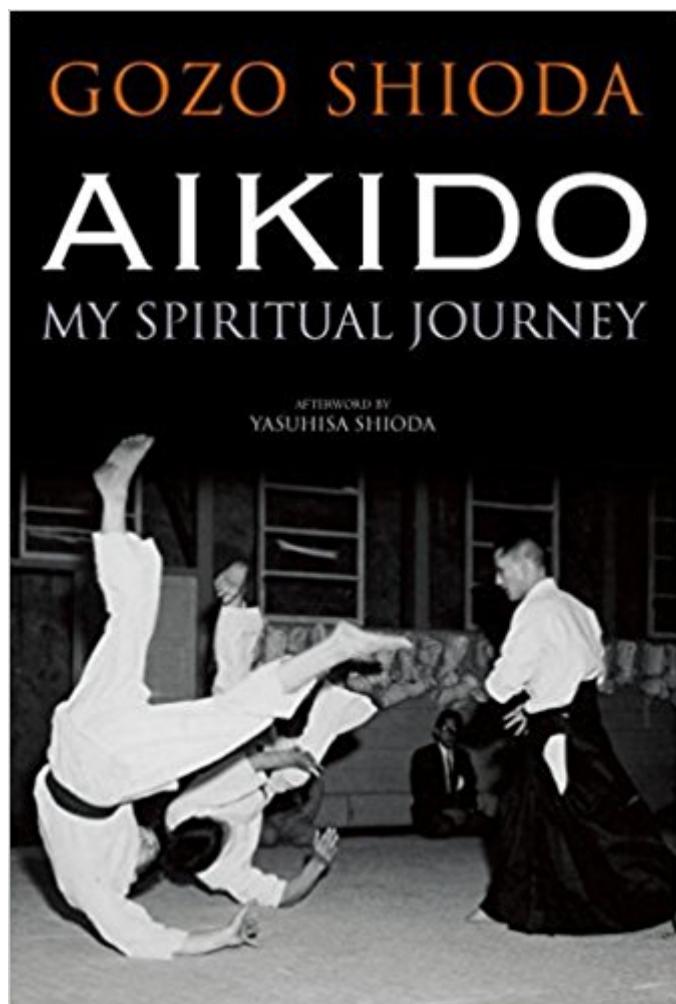


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# Aikido: My Spiritual Journey



## Synopsis

In this first full autobiographical work, the legendary aikido grandmaster Gozo Shioda tells of his exciting life. Born in Tokyo in 1915, Shioda excelled as a student of Morihei Ueshiba, the founder of aikido. He went on to win first place in the All Japan Martial Arts Exhibition in 1954; and later, founded the Yoshinkan school of aikido, considered a "hard" style for its rigorous training techniques and emphasis on correct form. In 1988, Shioda was awarded the title of Aikido Master by the International Martial Arts Federation. Over the course of his distinguished career, he also served as the chief instructor for the Tokyo Metropolitan Police, the Air Self-defense Force, the Japanese National Railways, and a number of leading Japanese universities. In *Aikido: My Spiritual Journey*, Shioda relates moving, personal anecdotes about Ueshiba and imparts what he learned from his mentor. He offers a concise overview of the key elements of aikido, including breath power, focused power, and the power of the center line. About 20 rare photos of the author, chronicling his life in aikido, are also included. Yasuhisa Shioda, the author's son and himself a prominent figure in the aikido world, has contributed the Afterword to this volume.

## Book Information

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## Customer Reviews

"Books by the early generations of Aikido teachers are getting rarer as these teachers, regrettably, continue to pass from the scene. A book by one of the early pioneers, who had in-depth personal experience with Aikido founder Morihei Ueshiba, is even rarer. . . . this book offers a picture of the early part of Aikido history: its practitioners and its founder. . . . *Aikido: My Spiritual Journey* is by

Yoshinkan Aikido founder Gozo Shioda. . . . The book contains fascinating stories from Shioda Senseiâ™s life. It also has detailed and helpful insights on Aikido training and many stories of his time with Aikido founder Morihei Ueshiba. There are many well displayed historical and training photographs. Kodansha has done its usual good job of high quality book design." â " Aikido Journal (online)"A book worth noting. . . Kodansha USA, the publisher of so many great books including many about Aikido, has just released Gozo Shiodaâ™s â "Aikido â " My Spiritual Journeyâ™. . . . I can tell you it is chock full of great photos of the 9th degree Master Aikido Sensei, many of them showing him â "in action.â™ It also includes a clear description of the heart of his insights into Aikido â " including the mental, spiritual and physical aspects of the Art." â "Examiner.com

Gozo Shioda was born in Tokyo in 1915 and died in 1994. Yasuhisa Shioda trained under his father, Gozo Shioda, and continues to promote aikido to university students, police departments, and business groups. He taught in the U.K. for three years and helped to develop aikido there. In 2007, he became a grandmaster and the President of the Yoshinkan Aikido.

It is a huge honor that i don't deserve to write the 1st review for this book, so forgive me for sounding like i know something.I do mostly Tai Ji, but I have parellely sincerely researched Aikido and Aikijujutsu, so sometime ago I read some of the chapters from this book published in Aikido Journal, although at the time no one really thought that this would amount to a book. I was actually surprised that some of the stuff wasn't included here, like Shioda Sensei's travels in the South Pacific, but that's okay. The book talks A LOT about actual Aikido and that I guess would be expected. Aikido of Ueshiba Sensei and Gozo Shioda is not that much different from the Tai Ji of Cheng Man Ching that I practice - at least spiritually.What I especially like about this grand spirit of Gozo Shioda projected through this book is that his devotion to his practice and his one and only teacher is not blind, but absolutely rational: he knew what he wanted out of his practice all along. With that his reverenace only grew stronger with years. Ueshiba Sensei was somewhat of a legendary figure even during his earlier Pre-War years, and so it must ve been pretty pretty hard for a young man such as Shioda Sensei to adhere to that austere lifestyle, hellishly intense practice, and the media surrounding that whole thing.... that said Gozo Shioda has a sense of humor like no one else, which i guess is only natural when you are an aikidoka of his caliber,so he relates to the more violent encounters of his youth with the gist of that, and that is always a pleasure to read!Aikido of Ueshiba in his perspective is very different from what he himself learned in his earlier years with his teacher. Although very conscious of the fierce martial approach that Aikijujutsu

taught, Shioda-Sama also realized that Aikido is something entirely different - it doesn't make sense to strike a person in a forehead with a punch, than throw them, wrap up their joints while making them cry "mommy" and on top of that - strike them on top of their heads to be sure that they are completely gone... In Aikido you make believe that you are about to strike them than follow their line of resistance and help them to land on the floor all in one piece. You may do the wrap for a nice crisp conclusion. All the "fancy" throws are completely up to you depending on your preferences, ethics and aesthetics, etc. With all that in mind, Shioda Sensei had some problems with the more religious aspects of his teachers' art, mainly because he is more connected to the industrial society perhaps, or did not think that the religious involvement with the Omoto is all that necessary. Being that, Shioda Sensei is a deeply religious practitioner, just not in the way that we think of "religious". He is an embodiment of Aikido. Hope you enjoy this lovely book from the Grandmaster himself.

In fact it is a re-publishing of a book "Aikido Shugyo: Harmony in Confrontation" by Gozo Shioda with some added articles by his son Yasuhisa Shioda and good photos. IMHO this book is a must reading for every Yoshinkan Aikido Practitioner.

What can I say written by the man himself. His son has a few clarifications. I am huge fan of Shioda Sensei, wish he was still alive I would have gone to honbu dojo to be his padwan. Great read for any aikido or Martial arts enthusiast.

Anyone interested in the early days of aikido, the inner workings of a master's mind, or solid philosophical/mental frameworks for your martial art...will find this simply fascinating.

Give more meaning to my training

This is not a method or technique book. It is about the author's lifetime journey learning and teaching Aikido.

Indispensable. Practice Aikido? Read this book!

Thank you for this treasure, is amazing!!

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