

# Living and Training with Morihei Ueshiba, Founder of Aikido: A Journey into the Heart of the Martial Art

**John Stevens**

In 1955, John Stevens traveled to Japan to study Aikido under its founder, Morihei Ueshiba. For the next seven years, Stevens trained intensively with Ueshiba, absorbing not only the physical techniques of Aikido, but also the profound philosophy and spirituality that underpinned the art.



## Remembering O-Sensei: Living and Training with Morihei Ueshiba, Founder of Aikido

by Franya J. Berkman

★★★★☆ 4.8 out of 5

Language : English  
File size : 1865 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 164 pages



In *Living and Training with Morihei Ueshiba*, Stevens shares his experiences training under this legendary martial artist. With vivid prose and insightful analysis, Stevens provides a unique glimpse into the life and teachings of Ueshiba.

Through Stevens's eyes, we witness Ueshiba's incredible skill as a martial artist. We also learn about his deep understanding of human nature and his

belief in the power of love and compassion.

*Living and Training with Morihei Ueshiba* is more than just a book about Aikido. It is a journey into the heart of a martial art and a profound exploration of the human spirit.

## **Reviews**

"A fascinating and insightful account of training under one of the greatest martial artists of all time. Stevens's writing is clear, engaging, and full of valuable lessons for anyone interested in Aikido or the martial arts in general." - **Stanley Pranin, author of *Encyclopedia of Aikido***

"A classic work on Aikido and its founder. Stevens's book is a must-read for anyone interested in the martial arts, Japanese culture, or the human potential." - **Dr. Christopher Caile, author of *Aikido and the Harmony of Nature***

## **About the Author**

John Stevens is a renowned Aikido teacher and author. He began training in Aikido in 1955 under Morihei Ueshiba, the founder of the art. Stevens lived and trained in Japan for seven years, and he received his teaching license from Ueshiba in 1962.

Stevens is the founder of Aikido of San Diego, one of the oldest and most respected Aikido schools in the United States. He has also taught Aikido at the University of California, Berkeley, and Stanford University.

Stevens is the author of several books on Aikido, including *Living and Training with Morihei Ueshiba* and *Aikido: The Way of Harmony*.

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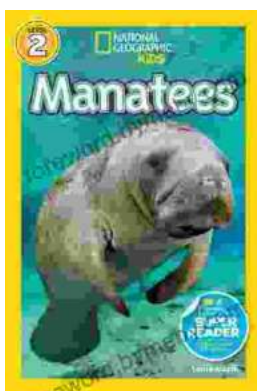
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