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Book Review: Aikido and the Dynamic Sphere

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~~Excellent Aikido Demonstration Ueshiba Moriteru Doshu - 植芝守央道主 - 合気道 - [HD]~~Aikido documentary with André Nocquet and Morihei Ueshiba (1964) with English subtitles ~~ADVANCED AIKIDO | FINDING YOUR THREE CENTRES! The founder of Aikido, Morihei Ueshiba / "The Art of Peace /" The 10 Ten Books for Martial Arts~~

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Aikido and the Dynamic Sphere is a non-fiction book about the martial art of aikido. Oscar Ratti and Adele Westbrook, husband and wife, wrote Aikido and the Dynamic Sphere shortly after they had achieved shodan rank in aikido, and a short stay in Japan. It is based largely on the teachings of Yasuo Ohara, founder of the New York Aikikai.

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