



What Is Aikido

K. Tohei

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This is Koichi Tohei's second book written in 1962. At the time, Tohei was Chief Instructor of the Aikikai. Tohei explains the principles of Aikido in plain easy to understand language. Included throughout are numerous photographs and illustrations. This was a superior text for it's era and includes explanations of core principles with demonstrations by Tohei Sensei. This volume also includes good information on the early days of the art and the founding of Aiki as a discipline. Considered by many to be required reading for any Aikido practitioner.

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