

# *It's a lot like dancing...*

*an aikido journey*



Terry Dobson

Riki Moss

Jan E. Watson

# Its A Lot Like Dancing An Aikido Journey

**Terry Dobson**



## **Its A Lot Like Dancing An Aikido Journey:**

**It's a Lot Like Dancing** Terry Dobson, 1994-03-04 The text combines with the great photos to create an incredible reading experience Anyone interested in getting more out of the martial arts than physical technique should read this book

*Remembering O-Sensei* Susan Perry, 2002-11-12 Morihei Ueshiba 1883 1969 founder of the Japanese martial art of Aikido is one of the greatest and most beloved martial artists in history *Remembering O Sensei* is a portrait of Ueshiba as told by his uchi deshi the students who lived and trained with him as his disciples This collection of memories gathered here for the first time captures the essence of this extraordinary martial arts master and visionary revealing Ueshiba s teaching style his daily habits his philosophy of life the lovably human aspects of his personality and his deep belief that Aikido could be used as a means to creating peace and harmony in the world The book also provides a snapshot of a fascinating time in Japanese history when a student would apprentice with his master by essentially moving in with him and receiving instruction through rigorous training sessions and also by serving him and observing his actions in daily life Most of the students whose remembrances are included in this book went on to spread the teaching of Aikido throughout the world and became masters in their own right [Yoga Journal](#) , 1994-09 For more than 30 years Yoga Journal has been helping readers achieve the

balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Aikido Off the Mat** Kathy Park, 2018-08-07 A deeply personal and compelling memoir that illustrates how the basic principles of Aikido can help us cope with the challenges of life outside the dojo Drawing from more than forty years of experience as an Aikido practitioner and teacher Kathy Park explains how principles such as embodiment grounding centering extension 360 degree awareness blending and alignment can be applied to everyday life Candid stories from her own life show how the purpose of practicing Aikido on the mat is to take it off the mat and into the world *Aikido as Transformative and Embodied Pedagogy* Michael A. Gordon, 2019-07-16 Drawing on the author s lifelong practice in the non competitive and defensive Japanese art of Aikido this book examines education as self cultivation from a Japanese philosophy e g Buddhist perspective Contemplative practices such as secular mindfulness meditation are being increasingly integrated into pedagogical settings to enhance social and emotional learning and well being and to address stress induced overwhelm due to increased pressures on the education system and its constituents The chapters in this book explore the various ways through the lens of this non violent relational art of Aikido that pedagogy is always something being practiced on the level of psychological somatic and emotional registers and thus holding potential for transformation into being more relational ecological minded and reflecting more embodied attunement Positioning education as a practice one of self discovery the author argues that one can approach personal development as engaging in a spiritual process of integrating mind and body towards full presence of being and

existence     **Unlikely Teachers** Judy Ringer,2006 You can have more power presence and flow in your relationships and in your life by taking a moment to engage your best self Judy Ringer s stories about how the martial art aikido can be applied to everyday conflict are reminders that we can become more conscious about the ways in which we invent our lives from moment to moment Begin today to turn your difficult moments into golden opportunities     **Martial Arts Teachers on Teaching** Carol A. Wiley,1995 Teaching is an art Effective martial arts teachers must not only be competent practitioners but must also develop the communication and interpersonal skills of any good teacher In this collection twenty six experienced martial arts teachers discuss the process of learning and teaching a martial art from the nuts and bolts of teaching technique to the philosophical underpinnings of training     *Martial Arts Biographies* Rob Jacob,2005 Martial Arts Biographies An Annotated Bibliography lists hundreds of martial arts related biographies and autobiographies Most of the entries are annotated giving a synopsis of the relevant material in the book Included are listings for martial artists of Karate Kung Fu Aikido Judo Jiu Jitsu Tae Kwon Do Ninjutsu Tai Chi and many other styles Appendices list productive sources for new and used books and contact information for major publishers of martial arts books Martial Arts Biographies An Annotated Bibliography is a useful resource for martial arts researchers readers book collectors and libraries     **From Conflict to Conversation** Luke A. Archer,2020-09-01 Verbal Aikido is a peaceful and effective way to manage negativity and verbal attacks This art is inspired by the practice and philosophy of Japanese martial aikido The Practitioner s Guide gives you a comprehensive body of text activities and resources empowering you to transform verbal aggressions into positive and balanced outcomes Aggressors are accompanied as partners rather than adversaries Win lose perspectives evolve into opportunities for relationships to develop sustainably Through regular application and posture focused training practitioners develop an assertive communication that transforms relationships both internally and externally Develop your capacities to manage verbal attacks and negativity in a simple and effective way Move from conflict to conversation with your team your community and yourself     **Aikido Sensibilities** Renée Rothman,2000     *An Obese White Gentleman in No Apparent Distress* Riki Moss,Terry Dobson,2009 A novel based on the writings and recordings of Terry Dobson     [Ancient Teachings for Modern Times](#) Peta Morton,2019-11-29 Is your life fulfilling Do you feel loved and valued Are you full of energy happy and healthy Are your days inspiring and fun This remarkable book shows you how to stop the struggle and embrace life Peta Morton shares the timeless spiritual wisdom of the ages in a modern non religious context and invites you on a journey of self discovery Peta Morton elegantly weaves together practical wisdom from a diverse array of traditions to provide a one stop shop for anyone interested in personal development and well being This synthesis of important teachings and modalities ranging from the power of breathing thoughts gratitude and beyond has the potential to shift the reader s perspective and clears the path for a happier more peaceful life Mark Gober author of An End to Upside Down Thinking     **Center** Ron Meyer,Hiroshi Ikeda,Mark Reeder,2000 Employing a question and answer format this book describes how a defender

receives an opponent's attack without being injured then uses the power of the attack to neutralize the opponent. Written in a clear and direct style, it is aimed at practitioners at every level, revealing the concepts of Aikido in an understandable fashion. It also tackles the underlying dynamics of moving energy through the body and exploring the challenge of manipulating the energy of an aggressor.

**Sharp Spear, Crystal Mirror** Stephanie T. Hoppe, 1998-03. The 24 female martial artists interviewed here discuss the challenges of their training and how it has helped bring new purpose to their lives. Some of these women were athletes before beginning while others had never been comfortable with their bodies yet all received deep spiritual nourishment through their practice.

**Hidden in Plain Sight** Ellis Amdur, 2018-04-27. Ellis Amdur's writing on martial arts has been groundbreaking. In *Dueling with O Sensei* he challenged practitioners that the moral dimension of martial arts is expressed in acts of integrity, not spiritual platitudes and the deification of fantasized warrior sages. In *Old School* he applied both academic rigor and keen observation towards some of the classical martial arts of Japan, leavening his writing with vivid descriptions of many of the actual practitioners of these wonderful traditions. His first edition of *Hidden in Plain Sight* was a discussion of esoteric training methods once common but now all but lost within Japanese martial arts. These methodologies encompassed mental imagery, breath work, and a variety of physical techniques offering the potential to develop skills and power, sometimes viewed as nearly superhuman. Usually believed to be the provenance of Chinese martial arts, Amdur asserted that elements of such training still remain within a few martial traditions, literally hidden in plain sight. Two thirds larger, this second edition is so much more. Amdur digs deep into the past, showing the complexity of human strength, its adaptation to varying lifestyles, and the nature of physical culture pursued for martial ends. Amdur goes into detail concerning varieties of esoteric power training within martial arts, culminating in a specific methodology known as six connections or internal strength. With this discussion as a baseline, he then discusses the transfer of esoteric power training from China to various Japanese jujutsu systems, as well as Japanese swordsmanship emanating from the Kurama traditions. Finally, he delves into the innovative martial tradition of Daito-ryu and its most important offshoot, aikido, showing how the mercurial, complicated figures of Takeda Sokaku and Morihei Ueshiba were less the embodiment of something new than a reimagining of their past.

**Whitaker's Books in Print**, 1998

**Bruce Lee: Fighting Spirit** Bruce Thomas, 1994-11-01. This is the only independent biography of Bruce Lee, and it is complete in terms of both the martial arts and the movies.

**Open and Clothed** Andrea Siegel, 1999

*Contact Capital in Political Careers* Birgitta Niklasson, 2005

**Aikido Awakening: Learning How to Live "Aiki"** Mike Moorehouse, 2010-11-22. A journey of psychological development through the ranks from white belt to black belt. Practice of techniques and dojo life as a path for personal growth. So much to see and know about yourself and others through repetitions of technique which reveal the psychological state and behavioral issues. Contemplation reveals many insights into philosophy and religion.

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