



## Aikido and the New Warrior

*Morihei Ueshiba*

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## **Aikido and the New Warrior** Morihei Ueshiba

*Aikido and the New Warrior* includes essays which illuminate Aikido concepts as they apply to many different walks of life: sports, nature, anger, martial arts training, death, and aging to name a few. Please note that this book does not include information on martial arts techniques.

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