



Aikido and the Dynamic Sphere: An Illustrated Introduction

By Adele Westbrook, Oscar Ratti

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Aikido and the Dynamic Sphere: An Illustrated Introduction provides a complete foundation in the practice of one of the most distinctive and effective Japanese martial arts.

Aikido was created in Japan in the 1920's by Morihei Ueshiba, also known as Osensei. To possess the skills, techniques and attitude of the true practitioner of aikido, one must achieve a very high level of integration of the powers of mind and body, the harmonious combination of physical means and ethical motives. By controlling body position and learning how to harmonize vital physical and mental powers, anyone (regardless of size, strength or weight) can fend off attacks using this sophisticated martial art.

Written and illustrated by husband/wife team, Oscar Ratti and Adele Westbrook, *Aikido and the Dynamic Sphere*, with over 1,200 illustrations, includes many Aikido techniques in chapters such as:

- What is Aikido?
- The Foundations of Aikido
- The Practice of Aikido
- The Basic Techniques of Neutralization
- Advanced Practice
- And more!

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Editorial Review

Review

"...one of the best books on Aikido on the market. Not only for the beginner, but for the advanced practitioner. It's well respected by most people in Aikido. If you're looking for a good, in-depth book, this is the one you'll want." —*RyukyuBooks.com*

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"It has been a most useful reference for me over the years and I'd highly encourage any adult to make it a part of your personal Aikido library." —**Teresa Mastison Sensei, Aikido of Phoenix**

About the Author

Oscar Ratti received his degree in classical studies and law from the University of Naples where he was intercollegiate Greek-Roman wrestling champion and a member of the championship judo team. He later came to the United States and began to study aikido with Yasuo Ohara, one of the first instructors to teach in New York.

Adele Westbrook studied philosophy at Columbia University at the same time co-author **Oscar Ratti** was doing graduate work in the classical languages. They began to practice aikido together, and while studying under a variety of instructors in the United States and Europe, started the collection of notes and sketches which finally developed into this illustrated introduction to the art of aikido.

They also authored *Secrets of the Samurai*, and Mr. Ratti, now deceased, also provided the illustrations for *Code of the Samurai*, both available from Tuttle Publishing.

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