

Remembering O-Sensei: Living and Training with Morihei Ueshiba, Founder of Aikido

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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.

From the Hardcover edition.

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Editorial Review

Review
"*Remembering O-Sensei* is a remarkable book. As a wide variety of Aikidoists with a multiplicity of viewpoints give voice to their memories, an increasingly distinct and vivid image of this fascinating martial artist emerges. Reading this book, I came to know O-Sensei as never before. I literally couldn't put it down."—George Leonard, author of *Mastery* and *The Way of Aikido.*

"Morihei Ueshiba, the Founder of Aikido, was an invincible warrior, a true visionary, and great mystic but he was also a warm and compassionate human being. This collection of reminiscences by some of his closest disciples and acquaintances brings Morihei the man to life, and presents his inspiring message in a concrete and intimate manner. *Remembering O-Sensei* is a delight to read and a joy to contemplate."—John Stevens, author of *Budo Secrets.*

"Susan Perry has performed a valuable service by collecting personal experiences with O-Sensei from many of his students and the people who were privileged to meet him. Ms. Perry's collection shows his many faces and brings him alive to the students who are now studying Aikido and trying to follow in his footsteps."—Mitsugi Saotome, author of *Aikido and the Harmony of Nature.*

"Fascinating, inspiring, engaging, Susan Perry's *Remembering O-Sensei* offers everyone insight into the mind and heart of the founder of Aikido. Reading it, I once again felt I was in the presence of O-Sensei."—Mary Heiny, Aikido sixth-degree black belt.

From the Inside Flap
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About the Author
Susan Perry is the editor-in-chief of *Aikido Today Magazine,* an international publication that she started in 1987. She has practiced Aikido since 1978 and holds a fifth-degree black belt. Perry also holds a Ph.D. in philosophy and taught philosophy in the California State University system for ten years. She teaches Aikido with her husband at their dojo in Claremont, California, and gives seminars throughout the country.

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