



# Aikido: Its Heart and Appearance

*Morihiro Saito*

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## **Aikido: Its Heart and Appearance** Morihiro Saito

Morihiro Saito is the author of Aikido: Its Heart and Appearance as well as the highly acclaimed technical series Traditional Aikido, published in the early 1970s, and Takemusu Aikido, published in the mid-1900s. Saito Sensei enrolled as a student of Aikido Founder Morihei Ueshiba in 1946 in Iwama. One of the art's foremost technicians, Saito Sensei was the acknowledged authority on Aikido weapons training. He operated Ueshiba's private dojo in Iwama, Japan and served as caretaker of the Aiki Shrine for more than 30 years. Saito Sensei travelled extensively throughout the world for over three decades teaching his comprehensive aikido training methods. Aikido: Its Heart and Appearance was first printed in March 1975 and published by Minato Research & Publishing Co, Ltd. This book "will help you grasp the roots of Aikido which creates an unlimited number of techniques," the words of Morihiro Saito Shihan in 1975. The book covers a wide range of techniques including taijutsu, Aiki Ken and Tachi-dori and features hundreds of photographs to clarify the different techniques presented.

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