



AIKIDO INSIGHTS

Hoa Newens

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In this collection of essays Hoa Newens Sensei shares his insights on various aspects of Aikido training. The content of the essays is drawn from his forty-four years of experience in this martial art that is also known as the Art of Peace. These 31 essays were written over a period of fifteen years and were meant to guide Aikido students in the intangible aspect of Aikido practice. Subjects discussed include, among other things, conflict resolution, ultimate self-defense, kata practice, teachings of Morihiro Saito Shihan, and the concept of Rei in martial arts. Readers from all styles of martial arts and at all levels will find gems that will enrich their own training.

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