

Aikido of Ventura County Library

BOOKS

Body Mind Mastery
Milman, Dan

Budo: Teachings of the Founder of Aikido
Ueshiba, Morihei (translated by John Stevens)

Dynamic Aikido
Shioda, Gozo

Glossary of Martial Arts Language
Running Press

Jo: The Japanese Short Staff
Zier, Don and Tom Lang

Leadership Aikido
O'Neil, John

Sadaharu Oh: A Zen Way of Baseball
Oh, Sadaharu and David Falkner

Secret Teachings of Aikido
Ueshiba, Morihei (translated by John Stevens)

The Aikido Student Handbook
O'Connor, Greg

The Art of Peace
Ueshiba, Morihei (translated by John Stevens)

The Secrets of Aikido
Stevens, John

Way of the Peaceful Warrior
Milman, Dan

VIDEOS

“Aikido Principles and Techniques” – VHS
Mary Heiny Sensei (through Aikido Today Magazine)

“Conscious Aikido: An Evolutionary Approach to the Art” – DVD
Patrick Cassidy, 6th dan