

SUGGESTED READING LIST

Title	Author	Publisher
A Book of Five Rings	Miyamoto Musashi	Overlook Press
Abundant Peace	John Stevens	Shambhala
Aikido	Kisshomaru Ueshiba	Hazansha/Japan Publications
Aikido and the Dynamic Sphere	Westbrook and Ratti	Charles Tuttle
Aikido and the Harmony of Nature	Mitsugi Saotome	Seirep
Aikido and the New Warrior	Richard Heckler	North Atlantic Books
The Art of War	Sun Tzu	Delacorte Press
Bokken: Art of the Japanese Sword	Dave Lowry	Ohara Publications
Budo	Morihei Ueshiba	Kondansha
Book of Ki	Koichi Tohei	Kodansha
Ki, A Practical Guide for Westerners	W. Reed	Kodansha
Ki in Daily Life	Koichi Tohei	Kodansha
The New Aikido Complete	Yoshimitsu Yamada	Lyle Stuart, Inc.
The Spirit of Aikido	Kisshomaru Ueshiba	Kodansha
The Warrior Athlete	Dan Millman	Stillpointe Publishing
The Way of the Peaceful Warrior	Dan Millman	HJ Kramer, Inc.
Traditional Aikido (five vols)	Morihiro Saito	Matoto Research and Publishing
The Zen Way to the Martial Arts	Taisen Deshimaru	E.P. Dutton
Women in the Martial Arts	Carol Wiley	North Atlantic Books
Zen in the Martial Arts	Joe Hyams	Bantam Books