



Trafford Aikido Club Library

Index	TITLE	Author	Comments
AIKIDO			
1	AIKIDO	IKisshomara Ueshiba	An introduction to Aikido, written by the founders 3 rd son. Well illustrated
2	THE SPIRIT OF AIKIDO	IKisshomara Ueshiba	A book which reflects on the philosophy of Aikido. Written by the founder's 3 rd son
3	BUDO	Morihei Ueshiba	The teachings of the Founder, spiritual teaching and many well illustrated techniques
4	BUDO TRAINING IN AIKIDO	Morihei Ueshiba	Some Budo poems by the founder. Many illustrated techniques. A little difficult to follow as the techniques are only named on the index page
5	AIKIDO – THE WAY OF HARMONY	John Stevens	Definitive, well-illustrated, Covers both the philosophy of the founder and essential practice techniques.
5A	THE ESSENCE OF AIKIDO	Compiled by John Stevens	Translation of O'Sensei Morihei Ueshiba's writings on Aikido philosophies and techniques.
6	AIKIDO – TRADITIONAL ART AND MODERN SPORT	Brian N Bagot	A good read for beginners. Well illustrated, especially for weapons
7	AIKIDO – ITS HEART AND APPEARANCE	Morihiro Saito	Techniques and weapons exercises, illustrated and explained
8	AIKIDO – THE CO-ORDINATION OF MIND AND BODY FOR SELF DEFENCE	Koichi Tohei	Some history and philosophy. Good glossary of terms. Well laid out and illustrated techniques.
9	THE PRINCIPLES OF AIKIDO	Mitsugi Saotome	Some background and plenty of illustrated techniques
10	AIKIDO AND THE NEW WARRIOR	Richard Strozzi Heckler	Information about the founder and a collection of stories by several different Aikido practitioners
11	IN SEARCH OF THE WARRIOR SPIRIT	Richard Strozzi Heckler	Story of the training of a small group of soldiers using Aikido
12	DIARY OF THE WAY – 3 PATHS TO ENLIGHTENMENT	Ira Lerner	More of the spiritual side of Aikido, from the view of three modern masters of Aikido

13	AIKIDO – AN INTRODUCTION TO TOMIKI AIKIDO	M.J. Clapton	Tomiki is the only style of Aikido which has competition. This book outlines one of the katas for use on Tomiki free style practice.
14	TOMIKI AIKIDO	Dr. Lee Ah Loi	General book on the Tomiki Aikido system. Plenty of illustrations and written explanations of techniques
15	DYNAMIC AIKIDO	Gozo Shioda	This is a book on Yoshinkan style Aikido. Many illustrated techniques and written explanations, plus some practical applications.
16	AIKIDO AND JU JITSU HOLDS AND LOCKS	Bruce Tegner	A book, which tries to compare Aikido and Ju Jitsu on a practical level The author is an instructor of self-defence, and holds black belts in both karate and judo. He appears not to uphold any of the philosophy, which we usually associate with Aikido
17	COMPLETE AIKIDO	Roy Suenaku	Provides some history with a section with photographs written more from Ki Aikido point of view than our traditional form. But does give some background to Aikido history from a view point of the author
18	ANGRY WHITE PYJAMAS	Robert Twigger	
19	AIKIDO AND THE DYNAMIC SPHERE	A Westbrook and O Ratti	
20	LIVING AIKIDO	Bruce Klickstein	
20A	AN INTRODUCTION TO AIKIDO	Jon Pearson	
OTHER MARTIAL ARTS			
21	THE OFFICIAL MARTIAL ARTS BOOK	David Mitchell	A basic outline of what is involved, and what equipment is needed for 20 different martial arts. A good read if you are unsure which martial art you wish to pursue.
22	JUDO, THE COMPLETE COURSE	John Goldman, 4 th Dan	A comprehensive, well-illustrated book about all aspects of judo
23	THE SECRET ART OF CHINESE LEG MANOEUVERS IN PICTURES	Lee Ying Arn	As the title suggests. This is mostly a self-defence book.
24	THE GIANTS OF SUMO	Angela Patmore	Everything you could wish you know about Sumo
25	ZEN IN THE ART OF ARCHERY	Eugen Herrigel	A book which illustrates the connection between Zen and Archery

26	MARTIAL ARTS COACHING MANUAL	David Mitchell	General coaching manual, no aikido content. Information on improving skills, exercise, health and safety and first aid
27	SPIKE & CHAIN – JAPANESE FIGHTING ARTS	Charles Gruzanski	
28	PA-KUA: CHINESE BOXING FOR FITNESS AND SELF DEFENSE	Robert W Smith	
29	WHAT IS SHORINJI KEMPO ?	Doshin So	
30	DYNAM IC KICKS	Chong Lee	
31	HAPKIDO	Bong Soo Han	
32	WINNING TOURNEMANT KARATE	Chuck Norris	
HISTORICAL CONTEXT			
33	THE WAY OF THE SPIRITUAL WARRIOR	Paul Brecher	
34	HAGAKURE – THE BOOK OF THE SAMURAI	Yamamoto Tsunetomo	
35	A BOOK OF FIVE RINGS	Miyamoto Musashi	Historical book of Japan and Samurai warriors
36	MUSASHI (SERIES OF 5 BOOKS, ONE MISSING	Eiji Yoshikawa	Adventures of a wandering swordsman, tells much of Japanese tradition
37	SAMURAI WARFARE	Dr. Stephen Turnbull	Historical book of Japanese warfare. Colourful illustrations
EXERCISE			
38	EASY YOGA EXERCISES	William Zorn	Basic Yoga routines, illustrated. Plus a small section on diet and nutrition. Useful for anyone wishing to improve flexibility and posture
39	EXERCISE. STOP. DANGER		Well illustrated, outlines the dangers of a series of exercises and shows safe alternatives. Useful for coaches and student who wish to exercise at home.
40	150 WAYS TO SAFE AND EFFECTIVE AEROBICS		Written for teachers of aerobic classes, contains some useful information about safety and achieving the right levels of exercise.

41	FUSION FITNESS	Anne-Marie Millard	
MAGAZINES AND PAPERS			
42	AIKIDO TODAY	1992, 1995	
43	AIKI NEWS	1985 – 1994	
44	AIKIDO JOURNAL	1994 – 2000	
45	FIGHTING ARTS	1989 – 1995	
46	MISCELLANEOUS ARTICLES AND PAPERS		
47	LANCASHIRE AIKIKAI NEWSLETTERS		PDFs of most Lancashire Aikikai Newsletters 1980 – 2003. (NB: shows dates of Shodan of Aikikai current senior Sensei !)
VHS AND DVD			
48	VHS TAPES		1990s Summer Schools, Aiki News, BBC programmes and Lancashire Aikikai Club videos
49	DVDS		Copies of some of the VHS Summer Schools and other VHS tapes below, Doshu visit to Cardiff 2010, other miscellaneous
50	DVD		DVD of 4th and 5th Kyu techniques. Text and commentary in Russian, but professionally produced. Double check with Sensei Baird if the techniques conform to the Aikikai syllabus.