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INTRODUCTION

MORRHEI UESHIBA (1883-1969) was history's greatest martial artist. Even as an old man of eighty, Morihei could disarm any foe, down any number of attackers, and pin an opponent with a single finger. Although invincible as a warrior, Morihei was above all a man of peace who detested fighting, war, and any kind of violence. His way was Aikido, which can be translated as "The Art of Peace."

The Art of Peace is an ideal, but it developed in real life on many fronts. Morihei in his youth served as an infantryman in the Russo-Japanese War, later battled pirates and bandits during an adventure in Mongolia, and then, after mastering a number of martial arts, served as an in-