

## Detailed table of contents

	Preface	7
Part I	Human Being	9
	Hanmi and Gyaku Hanmi	10
	Kiri, Tsuki, Ate	23
	Mind Form & Body Form	26
	Kenkodo	32
	Stretching exercises	36
	Teateho	44
	Sotaiho	55
	Seizaho	59
	Ki Breathing	61
Part II	Protect Home	65
	Distance and Ate	66
	Jo	72
	Bokken	77
Part III	Michibiki Leading	81
	Fours Steps of Leading	86
Part IV	Tantodori	119
Part V	Bokkendori	123
Part VI	Ukemi	127
Part VII	Aikido im Dojo	131
	Irimi	134
	Tenshin	135
	3 rules	136
Part VIII	Essays	145
	What is correct Aikido?	147
	Why do you become aggressive?	147
	Life	149
	Aikido questions	150

Part IX	Questions and Answers	151
	Essay: The only answer for all questions	152
	Essay: Strength of silence	134
	Ignoring problems	134
	Essay: Do not express yourself but communicate	155
	Fear	156
	Don't express yourself	157
	Internal noise	158
	Who or what am I?	159
	Talking about problems	160
	Samurai and death	161
	Do not talk about your problems	162
	Help from others	163
	Communicate and expressing yourself	164
	Seeing your thoughts and your body	165
	Ki of the Universe	166
	Meditation without internal noise	167
	Old schemes and habits	168
	Flexible in the present moment	169
	Thoughts, feelings and emotions	170
	Acknowledging fate	171
	Not having psyche	172
	Seeing thoughts and thinking	173
	Body independent of psyche	174
	Breathing basics	175
	Essay: Objective und subjective	177
	Essay: Last Judgement	178
	Explaining Japanese culture	179
	Problems with Ki breathing	181
	Correct posture for feet	182
	Zen practise	183
	Enlightment	184
	Pain	185
	Zen when driving a car	186
	Express yourself inside	187

	Medical science and health	188
	Decision without thinking	189
	Sitting comfortably	190
	What is Mu Shin?	191
	Meaning of Kyu and Dan	192
	Difference between Zen and Shinto	193
	Meditation is not Zen	194
	Purpose of meditation	195
	What is Satori?	196
	Essay: What is Zen?	198
	Essay: Why one sits long time in Zen?	199
	Essay: Satori is not enlightenment	200
	Essay: Do not try to change the world	201
Appendix	Vita of Kenjiro Yoshigasaki	202
	Photo	203
	Back cover	