

Koichi Tohei - "Aikido with Ki"



Koichi Tohei is one of the most important figures in the postwar development of aikido. He played a pivotal role in spreading the art in Japan and the USA from the early 1950s through the mid-1970s. During his active years, Tohei traveled abroad on numerous occasions conducting seminars and demonstrations. He is also a prolific author, having published many works on his approach to aikido and ki in Japanese and English. His publications had a strong influence, both technically and philosophically, on early aikido practitioners.

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► **Documentary:** a presentation tracing the early life and aikido background of Koichi Tohei through his years as Chief Instructor of the Aikikai Hombu Dojo, through his establishment of Shin Shin Toitsu Aikido in 1974. Many historical photos capture the highlights of Tohei Sensei's stellar career. His efforts and accomplishments that have left such an indelible imprint on modern aikido are well documented.

► **Warmups and preparatory exercises:** this section presents the elaborate warmups and ki exercise system developed by Tohei Sensei as a prelude to training in aikido techniques. They emphasize stability, relaxation, and the proper use of ki.

► **Techniques:** a presentation of the technical curriculum taught by Tohei Sensei during the 1950s, 60s, and early 70s, during his tenure at the Aikikai Hombu Dojo. Tohei Sensei demonstrates most of his "50 Arts of Aikido" from a 1967 film.

► **Seminar:** nearly 40 minutes of rare film footage of a 1974 seminar conducted by Tohei Sensei in San Francisco. Scores of techniques from his curriculum are clearly demonstrated. This historical film has been digitally remastered for the highest possible image quality.

► **Demonstrations:** bonus footage of four demonstrations by Tohei Sensei: 1952 demonstration outdoors also featuring Kisshomaru Ueshiba and Tadashi Abe; 1967 All-Japan Aikido Demonstration; 1968 Special Demonstration at Hombu Dojo; 1973 All-Japan Aikido Demonstration.

63 min., b & w, color, US\$39.95, order code: toh01

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Aikido's First 10th Dan!

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