



## Aikido For Self Discovery

**Author:** Stan Waobel, PhD.  
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*Aikido is widely regarded as one of the most internal martial arts. Both an academic and an Aikidoka, Dr. Stan Waobel here examines the psychology behind it.*

Let's be honest. We've all, at some point in our training, thought: 'why on earth am I doing this?' Whilst almost all of us start in the same place on our journey into the martial arts – i.e. walking into the practice hall for the first time - the subjective nature of that journey by its very definition means that our destination (or motivation for starting that journey) is unique to us. In this book Stan Waobel, an academic and 3<sup>rd</sup> Dan Aikidoda, addresses this fundamental question.

The first thing noticeable about Waobel's effort is its approach. Unlike practically all the books I have read/reviewed thus far, he drives home his points by anecdote, firing the mind's eye instead of overtly stimulating the reader with pictures and photographs. This is a method that effectively splits his book into two integrated halves: Waobel discusses each element of Aikido as he sees it, before moving to an italicised account of that element being practised. It is a method that ultimately allows us to understand the psychology of Aikido, and why many of us are motivated to go through years of pain and toil for a reward that we may not even be able to describe, let alone attain.

I like Aikido For Self Discovery because it is different. Typically, even iconic books of this type, such as Aikido and the Dynamic Sphere, sooner or later end up with a section on techniques. This, however, is different. Waobel concentrates simply on answering the most important question in any of this: why do we do it? And in my opinion, he answers it well.

8 sausages out of 10

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