



Spiritual Journey of Aikido

Author: Huw Dillon
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'Aikido training is about love' according to Huw Dillon's introduction. Maybe, but his book hits hard, and in more ways than one.

There's no other way of putting it. This book (I think) offers the most pure description of what Aikido is, what its goals are, and what is achievable with practice. From its very beginning, the author states in no uncertain terms that the 'martial' aspects of martial arts are outdated, unnecessary, and frankly in the way, most of all the ego. Yet despite this, the techniques in the subsequent section (with accompanying photographs), are very powerful and the timing used to employ them masterful.

At just under 100 pages, split into two clearly defined sections, this certainly isn't a long and boring read. The first, as with most books of this type, begins with an introduction as one might expect. But as mentioned above, Mr. Dillon's emphasis is different: 'Aikido training is purely spiritual. It is not a martial art. It is not a self defence system. It is a spiritual way, the self defence is merely part of it'. As the author continues, he drives home many other points, truths that we may have heard individually in other places, but could well have appeared in one place for the first time here, and in doing so, I believe that Mr. Dillon has encapsulated the essence of the art, pure and undiluted. The second, larger section then lists a fair number of the more advanced and flowing Aikido techniques, ones that show, frame by frame, what somebody who has adopted the art as a way of life can really do. Gone is the fight-by-numbers policy with its clunky atemi-heavy throws and pins... it has been replaced with a new approach, one that instead uses flow and timing; Aikido in its most artistic guise.

Really it's hard in just a few short lines to even begin to explain quite how close to a perfect bull's eye this book is if you want to discover the answer to that greatest of questions: 'why?' So if are interested in the more spiritual side of the art, you may well enjoy this book. I did.

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