

# [PDF] Aikido And The Dynamic Sphere: An Illustrated Introduction

Oscar Ratti, Adele Westbrook - pdf download free book

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## Books Details:

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## Description:

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**About the Author Oscar Ratti** received his degree in classical studies and law from the University of Naples where he was intercollegiate Greek-Roman wrestling champion and a member of the championship judo team. He later came to the United States and began to study aikido with Yasuo Ohara, one of the first instructors to teach in New York.

**Adele Westbrook** studied philosophy at Columbia University at the same time co-author **Oscar Ratti** was doing graduate work in the classical languages. They began to practice aikido together, and while studying under a variety of instructors in the United States and Europe, started the collection of notes and sketches which finally developed into this illustrated introduction to the art of aikido.

They also authored *Secrets of the Samurai*, and Mr. Ratti, now deceased, also provided the illustrations for *Code of the Samurai*, both available from Tuttle Publishing.

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