



Being, Essence & Motion: Aikido as a Way of Understanding

Ron Ragusa

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Being, Essence & Motion is an Aikido memoir of thoughts, ideas and training tips I have accumulated from almost 40 years of study and training. The book is not intended as a training manual. Rather my intent is to shed some light on the internal changes that have been wrought in me as a result of my long term commitment to the study of this Art.

I have grouped my observations into three categories: Being, Essence and Motion. While some entries may easily fall into one or more of the categories, I have done my best to slot each into the category that provides the best fit. It is my hope that anyone reading this book may gain some insight into how the long term study of any discipline can foster personal growth and change.

Ron Ragusa

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