



Following the Martial Path

Walther G. von Krenner, Ken Jeremiah

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Following the Martial Path illuminates the lessons learned in the martial arts, which transcend techniques of attack and defense. It is a journey of self-discovery, originating in physical training and leading to the spiritual dimensions. Walther G. von Krenner, trained with numerous talented and famous martial arts practitioners, including Gene LaBelle, Hal Sharpe, Tohei Koichi, Takahashi Isao, and Aikido founder Ueshiba Morihei O-Sensei. Explaining good times and lessons in humility, Following the Martial Path is von Krenner's account of his martial art journey. This book stresses the connection between Zen, art, and martial pursuits. Besides conveying the important lessons learned throughout decades, Following the Martial Path contains calligraphy, artwork, and invaluable photographs (of Aikido founder Ueshiba Morihei and others) that have never before been published. In addition, it contains lectures given by the founder of Aikido that have not previously been published.

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