



TRADITIONAL AIKIDO EUROPE  
ONLINE DOJO  
PRESENTS:

REACHING

THE

ROOTS

OF THE

RIAI

LIVE INTERACTIVE SOLO TRAINING

ONLINE  
SEMINAR

DECEMBER 12 + 13 2020

[REGISTER NOW!](#)

[WWW.TRADITIONAIAIKIDO.EU](http://WWW.TRADITIONAIAIKIDO.EU) // [CONTACT@TRADITIONAIAIKIDO.EU](mailto:CONTACT@TRADITIONAIAIKIDO.EU)

# REACHING THE ROOTS OF THE RIAI

DECEMBER 12 + 13 2020

LIVE INTERACTIVE SOLO TRAINING

**Riai:** This refers to the harmony of principles underlying empty handed and weapon technique. In this Online Seminar we will dig deeply into the relationship between the weapons and empty-handed systems. We will be looking for a balanced relationship between these two branches of our art, where both feed and reinforce each other in the most optimal manner.

Riai is not a purely horizontal or vertical relationship. Swordwork has a sharp precise 'cutting' quality that needs to be refined and given more circularity and softness in empty handed techniques. When weapons dominate one's Aikido the quality in Taijutsu is often too sharp and direct. Without weapons one's Taijutsu often lacks the precision and clarity of handwork and technical precision. When considering the principle of Riai, **Saito Sensei** said that:

*'To understand the combined Aikido system is to realize that one is not dependent upon a ken, jo, or other weapon. Development of mind, body, and technique does not rely upon an armory, but on independence of action. If a sword is used, do not realize it as a sword, If using a jo, do not depend on it, but feel the common harmony in movement.'*

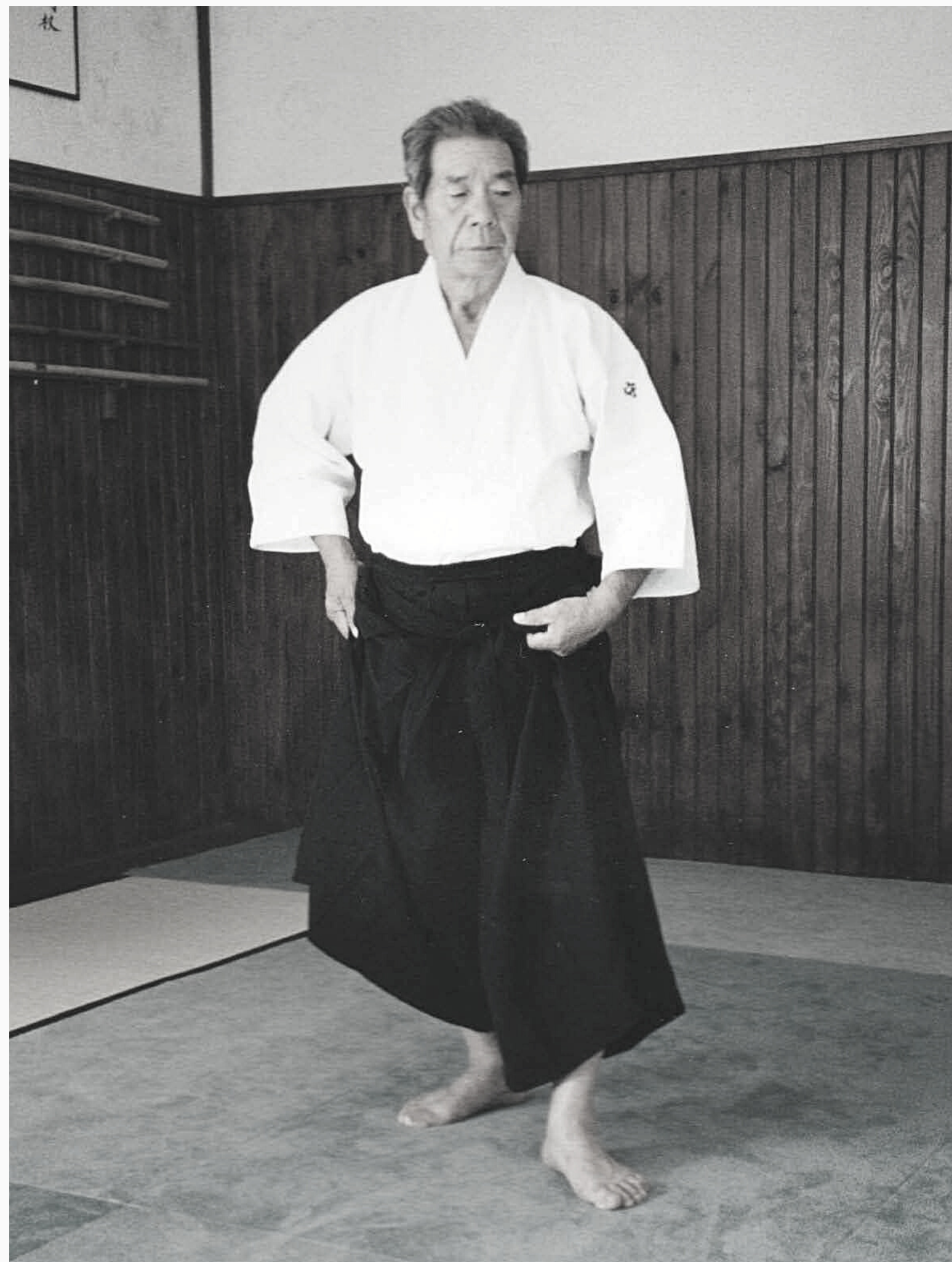
The training will be Live streamed and interactive on Zoom, with a special focus on solo home training. Over the two days the 9 teachers will provide you with the tools necessary to delve into this crucial topic in your own Aikido practice, at home or in your dojo.

## **ZOOM + LIVE STREAM**

The Zoom room has a limited capacity for participants. Priority will be given to those that have registered.

To ensure the Seminar is as interactive as possible, we ask for participants to have their videos on if they join the Zoom room. This will enable teachers to interact more effectively with the group and directly with individuals.

The training will also be streamed on [YouTube Live](#).



## **For Whom?**

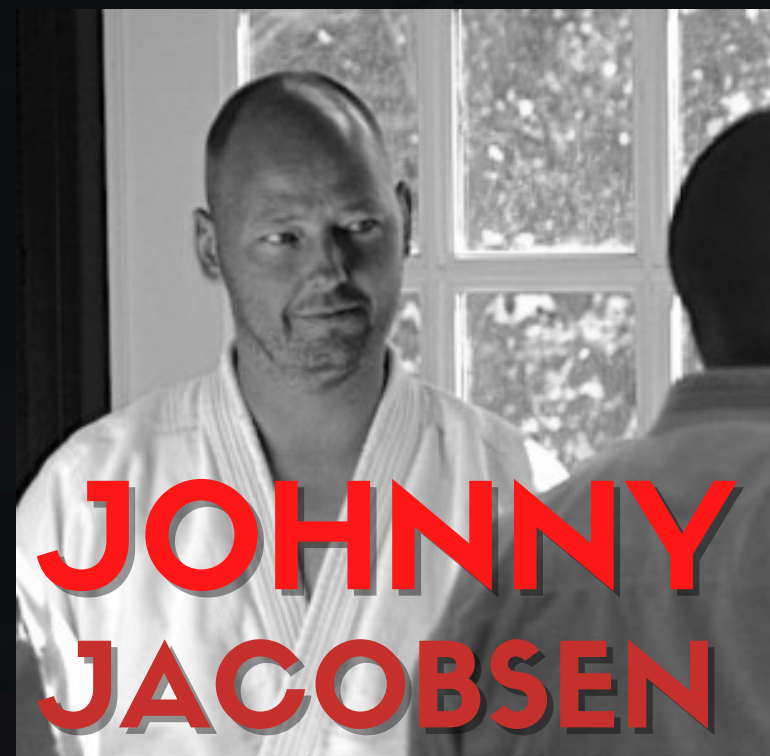
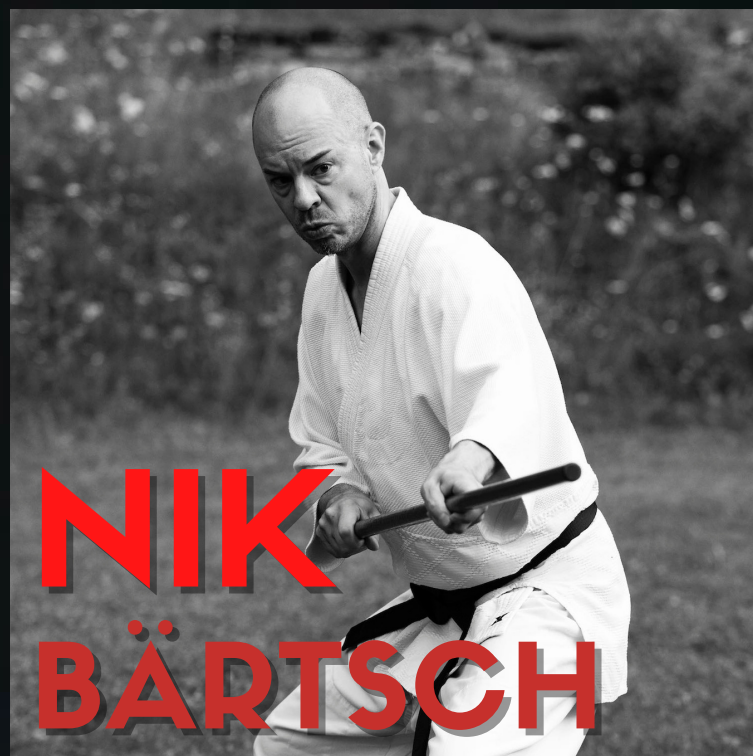
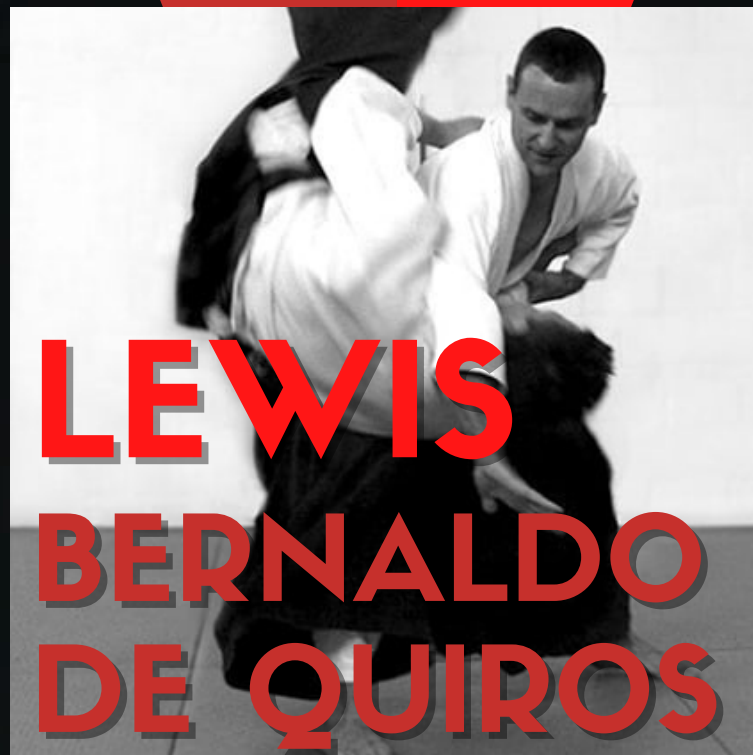
The Seminar is open to all, we invite you to join us for the practice regardless of style, affiliation, level (or location!) - **there is no charge**.

## **Registration:**

Please complete our online registration form: (the Zoom details will be to you sent 24 hours before the seminar)

**REGISTER NOW!**

REACHING  
THE  
ROOTS  
OF THE  
RIAI



**RIAI** refers to the harmony of principles underlying empty handed and weapon technique. In this Online Seminar we will dig deeply into the relationship between the weapons and empty-handed systems. We will be looking for a balanced relationship between these two branches of our art, where both feed and reinforce each other in the most optimal manner.

# SCHEDULE:

ALL TIMES **CET (UTC+1)**

The training will be **Live streamed** and interactive on **Zoom**, with a special focus on solo home training. Over the two days the 9 teachers will provide you with the tools necessary to delve into this crucial topic in your own Aikido practice, at home or in your dojo.

## SATURDAY 12 DEC

12.00 - 12.45	MICHAEL ORMEROD	FULL BODY WARMUP + BOKKEN/ BODY RELATIONSHIP
	5 MIN BREAK	
12.50 - 1.35	BRENDON BUCHANAN	JO SUBURI NAGARE SECTION + VARIATIONS
	10 MIN BREAK	
1.45 - 2.30	ANDREA PFISTERER + NIK BÄRTSCH	TAI SABAKI / UKEMI + BASIC TAIJUTSU MOVEMENTS
	5 MIN BREAK	
2.35 - 3.20	PAUL KEESEN	'GETTING IN TOUCH WITH YOUR BODY' + STRETCHING COOL DOWN
3.20 - 3.30	Q&A/ DISCUSSION AND CLOSE	

## SUNDAY 13 DEC

12.00 - 12.45	JOHNNY JACOBSEN	YOGA WARMUP + JO TSUKI BASICS
	5 MIN BREAK	
12.50 - 1.35	SASCHA PIHAN	TAISABAKI + JO - SMOOTH MOVEMENT
	10 MIN BREAK	
1.45 - 2.30	ARJAN DE HAAN	FOOTWORK FOCUSED ON BALANCE WITH JO
	5 MIN BREAK	
2.35 - 3.20	LEWIS BERNALDO DE QURIOS	BOKKEN + TAIJUTSU 'THE ROOT OF THE RIAI'
3.20 - 3.30	Q&A/ DISCUSSION AND CLOSE	

**REGISTER NOW!**