

TRADITIONL AIKIDO EUROPE

# ONLINE YUDANSHA SEMINAR

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1ST TAE YUDANSHA  
**ONLINE** SEMINAR



# LEWIS BERNALDO DE QUIROS

## 6 DAN AIKIKAI / DIRECT STUDENT OF MORIHIRO SAITO SENSEI

**SATURDAY JANUARY 30TH 2021**  **ZOOM**

### **SCHEDULE + INFORMATION:**

All times Central European Time (UTC+1)

Four sessions: 50 mins plus summary and Q&A

10:00-11:00 - Ken Suburi

Revisiting the basics with a focus on structure and movement.

11:00-12:00 - Relating swordwork to solo bodywork

Focus on 'weight underneath' and 'spiral work'. In depth focus on hands.

14:00-15:00 - Working with a partner

From set form to free form, developing responsiveness.

15:00-16:00 - Jo Suburi

From set forms to free forms.

Morning sessions will be more solo set oriented. Afternoon sessions will be more advanced free flowing, with partner work.

It is recommended to attend with a partner. Solo participation is also possible: alternatives will be given to those working alone when doing partner exercises.

Cost: 35 euros per person.  
30 euros each when with a partner.

Registration: **1st kyu and above**  
Maximum 40 participants.  
Registration is essential, the Zoom Meeting info will be sent 48 hours before the seminar.

Register now at: [lewisbdeq@gmail.com](mailto:lewisbdeq@gmail.com)



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