Lewis Bernaldo de Quiros

7th dan Aikikai

Yudansha seminar

atemi and ken-tai-jo

March 27&28

Takemusu Aikido Weesp (NL)

More info and sign-up: tinyurl.com/yudansha2027



Location Papelaan 99, Weesp **Schedule** Saturday 11:00-17:00, Sunday 10:00-13:00 **Fee** Full weekend only €100, lunch included **Dinner** TAKN invites you for dinner **Info** xzeroxz@gmail.com

Lewis Bernaldo de Quiros

7th dan Aikikai



Lewis Bernaldo de Quirós trained full-time under Morihiro Saito Sensei (9th Dan) from 1986 to 1993 at the Iwama Dojo in Ibaraki ken Japan. Before beginning his training in Aikido he trained for 8 years in both Judo and Karate (Shotokan Karate under Keinosuke Enoeda Sensei, 9th Dan, in London). During his stay in Japan he also practiced Kyudo (Japanese traditional archery) and Zen. Since his return from Japan he has dedicated himself completely to teaching Aikido and has taught regular national and international seminars through out Europe since 1993. He maintained regular contact with his teacher after returning to Europe, through seminars participating both as an assistant and as a translator, until the death of Morihiro Saito Sensei in 2002. Lewis received the rank of 5th Dan Aikikai from Morihiro Saito Sensei in 1999 and 7th Dan Aikikai from Doshu Moriteru Ueshiba (Hombu Dojo in Tokyo) in 2024. He is currently Technical Director and Aikikai examiner for TAE (Europe).

Atemi

Although Atemi was fundamental to the Founders Aikido modern day Aikido tends to discount it to a large extent. In this seminar we will look at the intention and function of atemi within aikido technique while also exploring basic training routines for the basic strikes for Aikidoka's to develop skill in this domain. Furthermore an important aspect of Aikido in being able to develop stability and control in the face of strong attacks is having training partners who can deliver strong focussed and appropriately measured attacks. This also highlights the importance of developing skill in this area.

ken-tai-jo

The Ken tai jo set of 7 partner kata (ken against Jo) was the last sequence that Morihiro Saito Sensei developed in his system. However this system has its roots in partner exercises dating from the early 70's. In the weapons part of this seminar we will explore both the older root forms and the final sequence Sensei left us in detail with variations.