

# Takemusu Aikido Seminar

## May, 21-22, 2022

Lewis Bernaldo de Quiros, 6th Dan

## Focus on Ukemi



In this seminar particular emphasis will be placed on the role of uke and ukemi.

In Aikido we seek to develop the ability to move from blind reactivity to conscious responsiveness. Through receiving the techniques in ukemi we understand best how they work as they affect our bodies and sense of balance. The basic techniques as far as ukemi is concerned encode an intelligence or way of adapting to circumstances that involves respect and awareness for what is actually occurring, the way of non resistance, adaptability and creativity. The techniques in Aikido are examples of this creativity but it is this way of working with opposition that we seek to understand and embody.

### TRAINING TIMES

Saturday 10:00 – 12:00  
14:00 – 17:00  
Sunday 10:00 – 13:00

COSTS: CHF 100.-

### REGISTRATION:

[www.kokorodojo.ch/seminar2022](http://www.kokorodojo.ch/seminar2022)

### TRAINING SATURDAY

Schule Limmat, sportshall A  
Limmatstrasse 90, 8005 Zürich

### TRAINING SUNDAY

Kokoro Dojo  
Limmattalstr. 206, 8049 Zürich

Please bring bokken and jo!  
Insurance to be organised individually.