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Yudansha Seminar Takemusu Aikido



**Lewis
Bernaldo
de Quiros
Shihan**

6th dan Aikikai

March 11&12 2023

Takemusu Aikido Weesp

Location Papelaan 99 Weesp **Schedule** Saturday: 10:00 - 13:00 / 14:00 - 16:00 Sunday: 10:00 - 13:00 **Fee** Saturday E50/Sunday E35/Whole seminar E75 **Lunch** will be provided on both days and saturday evening there will be a dinner party. Do not forget to bring your bokken and jo!

Registration [Tinyurl.com/LewisMarch2023](https://tinyurl.com/LewisMarch2023) (1ste kyu and above only)
Participants must be insured! **Info** paul.keessen@gmail.com

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Yudansha Seminar

'All about grounding'.

One of the first things we learn in Aikido is to reassess and readjust our relationship with the ground in the name of 'balance'. How our feet (and hence whole body) meet the floor and how we move are all brought back into question after a lifetime of assuming that not falling over and stumbling from A to B gets the job done. Not quite. There is always something more to learn and the whole area of 'grounding' turns out to be a never ending spiral of progression as we discover ever more subtle aspects in our work of unifying our structure, energy flows and mind. And it makes sense: how can we deal with another under pressure if we are neither grounded nor balanced?

Specifically:

Grounding allows for stability : *the dynamic interplay of impinging forces are continually drained towards the ground.*

Grounding allows for movement: *all horizontal movement is sourced in our vertical gravitational relationship with the planet.*

Grounding allows for power: *aligning our structure appropriately with gravity allows for the generation of tremendous power.*

All these elements (and more) are the basic prerequisites for the relational training we do with our partners. Most of the time, problems at this relational level can be traced back to 'breaks' in the solo bodywork principles, primary of which is our connection with the ground.

In this seminar we will look at basic to advanced technique but 'grounding' everything at the most basic levels with the above aspects as check points of efficacy.

There will also be a final session of Q&A on the mat where any matters related to the system, specific techniques or any other training or teaching issues can be raised and addressed in the group.