

AOX *Aikido* Open Exploration Space



Info | Subscription

Dojo am Fluss e.V. | Nürnberg
Heike Howein
+49 (0)1520 / 435 80 45
aikido@dojo-am-fluss.de

Ki & Aikido Dojo Kassel e.V.
Markus Schein
+49 (0)162 / 701 66 28
info@kiaikido-kassel.de

Moderation

Heike Howein ~ Dojo am Fluss e.V. - Nürnberg
Markus Schein ~ Ki & Aikido Dojo Kassel e.V.

Topics

Bokken ~ infinite flows
Uke | Nage ~ continous interchanges

Workshop Goals

Together we want to develop new kinds of bokken movements,
for a multitude of people, interacting with each other,
in continous flows.

From that, we try to dissolve the uke-nage dialectics,
in different aikido techniques, by exploring the interfaces,
where uke might become nage and vice versa.

Sounds being a complexe and certainly joyfull journey.

Schedule

Friday | 04th of August 2023 | 8:00pm til 9:30pm
Saturday | 05th of August 2023 | 10:30am til 06:00pm | break included
Sunday | 06th of August 2023 | 10:00am til 02:00pm

Barbecue on Saturday evening.

Bring bathing suit – lake + river nearby!

Location

Ki & Aikido Dojo Kassel e.V. | Heckerstraße 30c | 34121 Kassel

Participation

Participation is for free and on your own risk.

You should bring a sound aikido experience,
equivalent to about 2nd Kyu at least.

Guests may sleep in the dojo
– modest donations are welcome.

