

Invitation to the Saam-aikido aiki-lab seminar 2021



Aikido from attention

Led by Hans de Win

Sunday October 3, 2021

The theme for this seminar is what we at Saam-aikido see as the basis of aikido: attention. Not the techniques, or the ideas of a teacher are central, but the way in which uke and nage pay attention to each other.

The purpose of the seminar is to deepen, meet each other and make new aikido contacts. There is a lot of attention for aikido without techniques; we look carefully at the role of attention during ukemi and we wonder: is there a difference in attention between aikido with and aikido without techniques? The form in which we do that is playful, inquisitive and challenging and always focused on connection.

Aikidokas of all styles and all levels are welcome. We look forward to seeing you on the mat on October 3 in Oost-Souburg.

Program:

- Walk in from 10:00 am, coffee / tea are ready
- 10:30 - 13:00 h: part 1 seminar
- 13:00 - 14:00 h: lunch
- 14:00 - 16:00 h: part 2 seminar

Address of our dojo: Koopmansvoetpad 81, Oost-Souburg, The Netherlands.

Contribution: € 20.00, including lunch.

Register and information: www.saam-aikido.nl/aiki-lab-seminar

