

Aikido Institute Davis

Invites you to join us at this intensive seminar

Aiki-Ken Seminar

Saturday October 9, 2010

9:00— 4:00

Community Park, Davis



with
Ho Newens Sensei
6th dan

Aiki-Ken is an integral and essential part of Aikido training. It enhances Taijutsu by bringing the techniques into clear focus. Aiki-Ken is built on the *hanmi* stance and is unique to Aikido. We will cover the Aiki-Ken teachings of Saito Morihiro Sensei of Iwama and a new KentaiJo for Ken. Pre-requisite: knowledge of Ken Suburi .

Cost: \$70 (includes lunch)
Register by October 2 by contacting us with your name

Directions to Davis Community Park:

From Sacramento: On Hwy 80 W take Mace Blvd exit and go north. The street will curve into Covell Blvd. The Park is at F Street.

From San Francisco: On Hwy 80 E take Hwy 113 North to Woodland. Exit Covell Blvd and go East. The Park is at F Street.

Highlights

- ◆ Principles of Aiki Ken
- ◆ Ken Suburi (7)
- ◆ Ken Awase (10)
- ◆ Kumitachi (6 + 18 Henka)
- ◆ Ken tai Jo - Ken

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Note: Participants are eligible for 50% discount toward the purchase of Aiki Ken DVD