

AOX *Aikido* Open Exploration Space



Info | Subscription

Ki & Aikido Dojo Kassel e.V.
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Moderation

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

Topics

Bring your very own favourite!
Techniques that are especially beautiful, strange, weird,
complex, efficient, stunning ...wonderful.

Workshop Goals

We will research the techniques, that you propose, try to unveil their
core concepts and there beauty and extend them into small sequences of
three or four techniques, that we might invent:
New Micro-Tsuzukiwaza dedicated to flow and beauty.

Schedule

Friday | 23rd of August 2024 | 8:00pm – 9:30pm
Saturday | 24th of August 2024 | 10:30am – 06:00pm | break included
Sunday | 25th of August 2024 | 10:00am – 02:00pm
Barbecue on Saturday evening.
Bring bathing suit – river and lake 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 for our dojo are welcome.

