



Katsujinken Aikido Dojo

www.prescottaikido.org

928-499-8210

Aikido Laboratory 2016:

Explore! Experiment! Grow!

Katsujinken Dojo's Aikido Laboratory series, held monthly on Saturdays, will offer in-depth and innovative explorations of "The Art of Joining with the Universe," from building basics to diving deep; from martial focus to applications in daily life.

What & When:

Saturday, June 25 10 a.m. to 1 p.m. (with a tea break)

Sharon Seymour Sensei, 4th Dan, Chief Instructor of Katsujinken Dojo

Aiki Taiso: Moving Into Connection

These 'connecting with ki body movements,' originally developed by Koichi Tohei Sensei, offer a way to study self-connection, posture, extension and balance as a prelude to connecting outward. We will explore both solo and partner forms of these exercises.

Saturday, July 23, 10 a.m. to 1 p.m. (with a tea break)

Sharon Seymour Sensei, 4th Dan, Chief Instructor of Katsujinken Dojo

Attack Tactics: Grabs, Strikes & Responses

Aikido includes a wide range of grabs and strikes, many of which appear rarely on the mat. Our exploration of this variety will include the components of an effective attack. Then, looking at the 'shapes' of the various attacks, we will match them with effective responses.

Where:

Katsujinken Dojo, 1134 W. Haining Street, Prescott AZ.

The dojo is located behind Iron Springs Plaza, just off Iron Springs Road. Haining Street is the side street leading into the parking lot & the dojo is in the building behind – pass the parking lot and take the next driveway behind the laundromat. Look for the Aikido sign on the fence.

Cost:

Requested contribution: \$10-\$40, sliding scale.

Contributing at the highest level your financial situation allows helps us offer this series to all who wish to attend.

Aikido Laboratory will continue into the fall – Watch for announcements