



Katsujinken Aikido Dojo

[www.prescottaikido.org](http://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 & 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, August 20, 10 a.m. To 1 p.m. (with a tea break)**

Tom Haines Sensei, 6<sup>th</sup> Dan, Chief instructor of Arizona Aikido, Phoenix AZ

#### **Weapons in the Park: Jo & Bokken**

Bring your weapons to Flinn Park in Prescott and enjoy Haines Sensei's teaching. **This session will be held at Flinn Park**, 280 Josephine Street. The park is near the intersection of West Gurley Street and Gail Gardner Way. Ramada & restrooms with room for changing into uniform, lots of lovely lawn.

Park information & map: <http://cityofprescott.net/services/parks/parks/index.php?id=2>

#### **Saturday, September 24, 10 a.m. To 1 p.m. (with a tea break)**

Sharon Seymour Sensei, 4<sup>th</sup> Dan, Chief instructor of Katsujinken Dojo

#### **Uke's Journey: Continuous Engagement & Body Structure**

Building on July's study of attacks, we will move to the next step of uke's journey: the need for continuous engagement when out of balance, maintaining the body's structural integrity without struggle or resistance. Increase the martial reality & the safety of your practice. This study will offer important skills for all levels & useful tools for instructors.

### 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 through October**  
**Watch for announcements**