



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, 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.

**Saturday, October 29, 10 a.m. To 1 p.m. (with a tea break)**

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

#### **Speaking Aikido: An Introduction to Compassionate Communication**

In 2009, I began studying Marshall Rosenberg's practice of Nonviolent Communication (NVC). I had noticed myself, on the mat, speaking and thinking in ways that did not reflect the commitment to peace that O Sensei asks of us. NVC is "spoken Aikido." It has become a vital part of my Aikido training, and I look forward to sharing it with you. I am confident you will find that NVC principles can support and inform your training. At [nvctraining.com](http://nvctraining.com), click on About NVC to learn more. Wear comfortable clothes – we won't dress out in uniform.

### 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 resume in the spring  
Watch for announcements**