



Katsujinken Aikido Dojo

[www.prescottaikido.org](http://www.prescottaikido.org)

928-499-8210

## Aikido Laboratory 2017

Explore! Experiment! Grow!

Katsujinken Dojo's Aikido Laboratory series, held monthly on the 4<sup>th</sup> Saturday, April through October, offers 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, April 22, 10 a.m. To 1 p.m. (with a tea break)**

Sharon Seymour Sensei, Katsujinken Dojo

#### **Getting Behind Ushiro Waza: Why are These Techniques Important?**

O Sensei taught that techniques from rear attacks develop our intuition. Explore some exercises to build 360 degree awareness, then expand your ushiro waza skills with an examination of some common technical errors and their solutions. Students and instructors of all levels welcome.

**Saturday, May 27, 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 as Tom Haines Sensei returns. **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. We'll have a ramada for shelter & restrooms with room for changing into uniform as well as lots of lovely lawn.

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

### 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**