
Aikido Laboratory presents

Beyond Kokyuho Tenkan: Opening to Possibilities

Saturday, February 3rd, 2018
10 a.m. to 1 p.m.

Arizona Agatsu Dojo
939 W. Camelback
Phoenix, Arizona
(11th Avenue & Camelback)

with
Sharon Seymour Sensei, 5th Dan
Katsujinken Dojo, Prescott



Photo Courtesy Kristine Prakash
Redlands Aikikai

Kokyuho tenkan (or tai no henko) & kokyuho irimi are familiar warm-ups in many dojos. How about kokyuho omote or kokyuho ikkyo? How about a series from kosadori? ryotedori? Over the years I have developed a series of partner exercises that help us find the point in the uke/nage interaction at which the possibility for moving into a variety of techniques opens. Valuable for learning basic movements as well as building skills for jiyu waza, our dojo offers these exercises to you – please join us!

Seymour Sensei is the Chief Instructor at Katsujinken Aikido Dojo in Prescott, Arizona. She began offering the Aikido Laboratory workshops in 2016 with the purpose of offering 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. She has been practicing Aikido since 1983.

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.
