

1. Heidelberger

Jo & Bokken Workshop

with

Klaus Heß, 6. Dan

Maik Fiedermann, 3. Dan



Sa/So 22.-23. March 2025

In a new teaching format, we want to make the Aikido lessons more individual and give each participant the opportunity to pursue their own goals around the techniques with Jo & Bokken. To this end, we are organizing the lessons with three types of training units: Basic training (Jo/Bokken Basics) focuses on learning and developing basic posture and movement concepts when using Jo & Bokken. In small group training, participants can develop their own focus with the help of expert guidance, be it individual techniques or entire tsuzukiwazas with or without a partner. In the focus training, questions and interesting aspects from the small group training are taken over and examined again for everyone.

**The minimum requirement for participation is knowledge of the first Jo and Bokken Katas (in "solo mode").
The number of participants is limited for reasons of space (pre-registration required).**

Saturday, 22. March	10:00-11:00	Introduction & Jo/Bokken Basics
	11:00-12:00	Small group training
	12:00-13:00	Focus training
	13:00-14:30	Lunch break/mat picnic
	14:30-16:00	Small group training
	16:00-17:00	Focus training
	after 18:00	Joint evening program
Sunday, 23. March	9:00-10:00	Jo/Bokken Basics
	10:00-11:00	Small group training
	11:00-12:00	Focus training
	12:00-13:30	Lunch break/mat picnic
	13:30-15:00	Final Training

Location & Fees

Ki & Aikido Dojo Heidelberg: 69181 Leimen, Heltenstraße 1, Deutschland

Fee for the whole Seminar: € 50,-

Registration & Infos

Participation is only possible after pre-registration, as the number of participants is limited for reasons of space. The registration deadline is February 28. Preference will be given to those attending the entire seminar. Registration by email to info@ki-aikido-heidelberg.de

For all out-of-towners: On our homepage www.ki-aikido-heidelberg.de you will find directions and links to local hotels, guesthouses and parking facilities. If you have any questions, please contact us:

info@ki-aikido-heidelberg.de

We look forward to seeing you there!

Ki & Aikido Dojo Heidelberg