

**Aikido  
seminar  
in  
Nürnberg  
6. - 8.2.2026**

**with  
Jacob Aremark**

**info & registration**

Heike Howein  
+49 (0)1520 / 435 80 45  
aikido@dojo-am-fluss.de



**schedule:** Fri 18:30 ~ 20:30  
Sat 08:45 ~ 09:45  
11:00 ~ 13:00  
14:30 ~ 16:30  
16:45 ~ 18:30

Sun 10:00 ~ 12:30

**fee:** 70 Euro (seminar)  
15 Euro (one unit)

**location:** **Fri:** Dojo am Fluss,  
Kleinreuther Weg 68  
**Sat / Sun:** Mushin-Aiki-  
Dojo, Frühlingstraße 17,  
Nürnberg

**registration:** until 18.1.2025



Jacob is practicing and studying Japanese martial art for almost all his life – the last 25 years Aikido. He has a master's degree in philosophy, specialised in the deeper philosophical theories of body consciousness and he is author of the book „Kroppens indre landskaber“ (Inner landscapes of the body). Jacob's fundamental knowledge and experience in martial arts, in the potential of our bodies and in movement, paired with a profound philosophical background, will give us new insights in our Aikido art.

We look forward to meeting you on the Tatami!