

# **Takemusu Aikido Sempai Seminar**

## **June 26<sup>th</sup> and 27<sup>th</sup> 2010**

### **Copenhagen, Denmark**

#### **The event**

This weekend seminar is an opportunity to practice and come together under eight senior instructors, all of whom have trained directly under the late Morihiro Saito Sensei (9<sup>th</sup> Dan) in Iwama Japan. The focus of the weekend will be the core elements of this style of Aikido:

- The importance of basics (kihon)
- The relationship between bukiwaza and taijutsu (riai)
- The understanding of levels within training and technique

All eight participating instructors have many years of teaching experience and the learning opportunity of such a seminar event is being able to have different angles and approaches to the same basic material thus widening one's horizons not only to technical possibilities but to didactical approaches as well.

This event is open to aikidoka's from all organizational affiliations and all levels of experience. Bring your own bokken and jo and tanken.

#### **The instructors:**

- Lars Göran Anderson, 6<sup>th</sup> dan, Torsby Aikido Club, Sweden, started 1965
- Kayla Feder, 6<sup>th</sup> dan, Aikido of Berkeley, USA, started 1973
- Lewis Bernaldo de Quiros, 6<sup>th</sup> dan, Takemusu Aikido Zutphen, The Netherlands, started 1984
- Miles Kessler, 5<sup>th</sup> dan, Integral Aikido, Tel Aviv, started 1985
- Pia Moberg, 5. dan, Riai Aikido Dojo, Gothenburg, Sweden, started 1974
- Henning Inselmann, 5<sup>th</sup> dan, Takemusu Aikido Tübingen, Germany, started 1979
- Torben Bech Dyrberg, 5<sup>th</sup> dan, Copenhagen Aikido Club, Denmark, started 1974
- Lars Landberg, 5<sup>th</sup> dan, Copenhagen Aikido Club, Denmark, started 1979

#### **Seminar details/practicalities:**

- **Venue:**  
Idrætshuset, Gunnar Nu Hansens Plads 7, DK-2100 Copenhagen Ø
- **Time schedule:**  
**Saturday:** 1000-1100 (1), 1115-1215 (2), Lunch 1230-1345, 1400-1500 (3), 1515-1615 (4), 1630-1730 (5), Dinner 1900  
**Sunday:** 1000-1100 (6), 1115-1215 (7), 1230-1330 (8), Lunch 1345
- Registration and payment deadline and details  
Registration form: <http://spreadsheets.google.com/viewform?formkey=dDVrd2o1c2N6NElGdEFsWklrRDFjZmc6MA>  
Registration deadline: June 13<sup>th</sup>, Payment at arrival
- Cost: € 65, includes fee and lunch both days
- Accommodation possibilities  
See e.g.: <http://www.hotelclub.net/hotel.reservations/Copenhagen.htm>
- This seminar is organized and hosted by KAK. For details see:  
[www.aikido-copenhagen.dk/sempaiseminar](http://www.aikido-copenhagen.dk/sempaiseminar)  
Contact Lars: [lars@aikido-copenhagen.dk](mailto:lars@aikido-copenhagen.dk) or Torben: [torben@aikido-copenhagen.dk](mailto:torben@aikido-copenhagen.dk)