

Aikido Seminar with
Konstantin Rekk
4. Dan Aikikai Honbu Dojo
Certified Teacher of German Qigong Society
September 23–25, 2016



Aikido Okuden: Inner Training – Outer Effect

“By exploring the inner aspects of your posture, center and ki flow you will not only increase your awareness and the effectiveness of what you actually do in aikido, but will also be able to do it with more confidence and joy.” **Konstantin’s** approach draws on extensive experience in other martial arts such as **Qigong, Taji, Daitoryu und Kyusho**.

schedule

Friday 18.30–20.30
Saturday 10.30–13.00, 16.00–18.00
Sunday 10.30–13.00

fees

60,- total
40,- per day
25,- per class

location

Aikido Dojo München e.V.
Dankstraße 9, backyard, 81371 Munich

registration

e-mail: sascha.krell@posteo.de
tel.: +49 (0) 151 14 93 21 75

Please bring Jo and Bokken / It’s possible to sleep in the dojo.

Exclusion of Liability: We will not take responsibility for any accidents during class.