Aiki-Dojo Augsburg e.V.



13th Ukemi-Seminar with Fabian Horn, Shidoin (5th dan Aikikai/TAA)

February, $8^{th} - 10^{th}$, 2019



Fabian Horn, 5th dan, has been practising aikido since 1994 at the Aiki-Dojo Augsburg. The main focus of this seminar will be on the correct and safe movements of uke including rolls and breakfalls with special emphasis on learning yoko ukemi (side breakfall) and tobu ukemi ("high fall").

Location:

Aiki-Dojo Augsburg e.V.

Depotstr. 3

86199 Augsburg/Germany e-Mail: <u>info@aiki-dojo.de</u>

Timetable:

Fri. February 8th, 2019: 19.30 – 21.00

Sat. February 9th, 2019: 10.00 – 11.00

11.15 - 12.15

Special keiko 14.30 – 15.30

15.30 - 16.30

16.45 - 17.45

dinner and party

Sun. February 10th, 2019: 10.00 – 11.00

11.15 - 12.15

Accommodation:

It is possible to sleep on the tatami for 3,- € per night (breakfast included). Please bring your own sleeping bag.

Seminar fees:

Whole seminar: $50, - \in (40, - \in *)$ Single session (60 min.): $9, - \in (7, - \in *)$ Special keiko (from 1. Kyu): $12, - \in (10, - \in *)$

* Concession for pupils and students

Fees can be paid cash at the seminar.

Registration and further information:

Anne Kern: +49/821/154996

e-Mail: <u>doehle-kern@t-online.de</u> or info@aiki-dojo.de

It is not necessary to bring jo, bokken, and tanto.

Hakama may be worn by yudansha only.

Due to limited mat space and for better organisation of the party please register in a timely fashion!

Note on data privacy:

Pictures will be taken during the course of the seminar which might be published on the dojo's website or Facebook page. Participation in the event constitutes a declaration of consent.

Insurance coverage is the responsibility of each participant!