

60th YEAR OF TOMIKI AIKIDO IN THE UK “REUNION SEMINAR”

Venue:

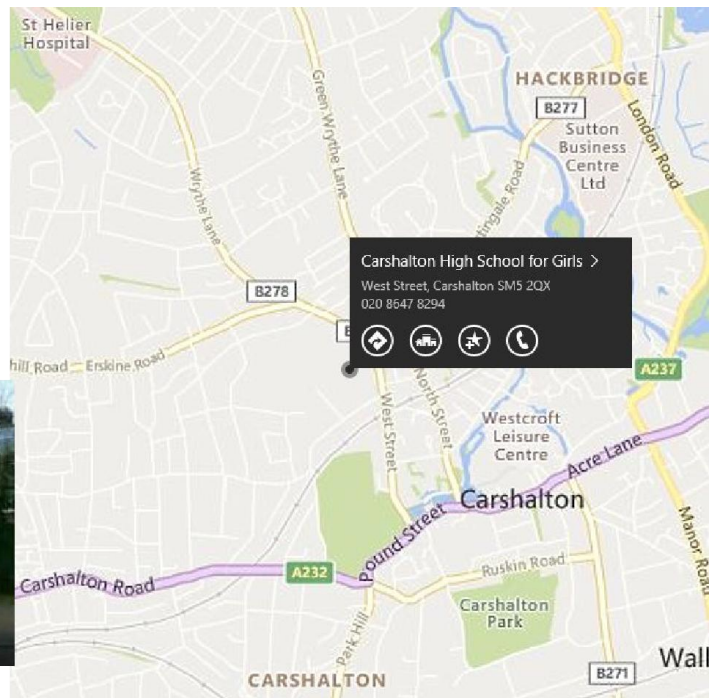
Carshalton High School for Girls,
West Street, Carshalton,
Surrey SM5 2QX

Date:

Wednesday 15th May, 2019

Time:

8pm to 9.30pm



Background: In 1959 Professor Tomiki's ideas included the creation of five basic hand blade movements which could be practised as an exercise to do by oneself and also paired with a partner. In the latter case the partner is taken round in a circle to create a smooth, non-jerky movement. This practise will strengthen and help to develop power in the body. This evening's seminar will remind us of some of the elements practised 60 years ago by Senta Yamada Sensei.



Instructor: Adrian Tyndale
<http://www.kikusui-kai.com/>

Host: Adie Walters
<http://www.kikusuikai.org/>