

AIKIDO

ART OF PEACE



27-28 april 2019 aikido seminar
with **Wolfgang Baumgartner Sensei**
7th Dan Aikikai

programma *schedule*

sabato mattina *saturday morning*

09.30 - 10.00 accredito *enrollment*
10.00 - 11.10 tachi dori // jo dori
11.10 - 11.20 pausa *break*
11.20 - 12.30 kaeshi waza
12.30 pranzo *lunch*

sabato pomeriggio *saturday afternoon*

15.30 - 16.40 kumi jo 1-5
16.40 - 16.50 pausa *break*
16.50 - 18.00 kaeshi waza
20.00 party *party*

domenica mattina *sunday morning*

10.00 - 11.10 ken suburi-awase or kumi jo 6-10
11.10 - 11.20 pausa *break*
11.20 - 12.30 jyuwaza practice
12.30 - 12.40 pausa *break*
12.40 test aikikai e cerchio finale *aikikai test and final circle*

Il keiko di armi, tempo permettendo, si svolgerà all'aperto; munirsi dunque di scarpe e cappellino. *Weapons keiko will take place outdoors; please bring sneakers and hat.*