

Takemusu Aikido Seminar on Ukemi

27 & 28 February 2010

Lewis Bernaldo de Quiros 6th Dan Aikikai

The Takemusu Aikido Amsterdam Dojo is pleased to announce the second two-day seminar with Lewis Bernaldo de Quiros in Amsterdam

Ukemi is a central principle in Aikido and entails much more than just 'falling'. The meaning of the Japanese term ukemi is better translated as 'receiving body' and thus ukemi can be seen as taking place at each moment in Aikido where aiki or connection is at the heart of the practice: nage receiving the attack of uke and uke in turn receiving the technique of nage. The dynamic interplay between uke and nage takes place continually within a framework of connection and alive responsiveness which by definition entails that each 'receive' and be 'in-formed' by the other.

But ukemi has deeper aspects to it also in that through allowing attacks 'in' as nage and techniques to 'pass through' us as uke we allow our bodies and minds to 'de-form' and 'mold' to what is actually occurring in the moment. Practice from this perspective encourages us to let go of body-mind postures and strategies based on resistance with implications which go far beyond physical fitness or martial competence.

In this two day seminar we will look at ukemi from different perspectives, exploring different aspects through empty handed and weapon practices along with 'games' designed to address specifically certain aspects of ukemi in a more focused and playful way.



Schedule: both days from 10:00 till 12:00 and 13:00 till 15:00 hour. **Participation:** This seminar is open to Aikido practitioners at all levels and from all styles. Bring own Bokken and Jo. **Lunch:** is available from nearby shops or at a cafeteria in the Sport Centre, or bring your own lunch. **Location:** Sport Centrum Caland, Eliza van Calcarstraat 2, 1068 RR Amsterdam-Osdorp. **Accommodation:** For participants from abroad please contact us for advice and assistance. **Registration:** is mandatory as places are limited. For registration and information please contact: Lewis Bernaldo de Quiros at: www.traditionalaikido.eu or Patrick van het Nederend at: www.takemusuaikido.nl. **Fees:** one day € 30,- whole weekend € 50,-.