

KARL RUBEN



2 - 4 October 2015

Aikido Seminar with

KARL RUBEN (Berlin)

2 – 4 October 2015 in Oberursel, Germany

Karl Ruben is founder und head of Kokoro Aikido Dojo in Berlin, Germany. He holds a 3rd Dan Aikikai Tokyo.

In 1999, at age 13, Karl took his first Aikido lesson. For the past decade Christian Tissier Shihan has been his main teacher. Some time ago Karl additionally started attending seminars with Tsuruzu Miyamoto Shihan. A lot of special inspiration comes from the Swedish teacher Jorma Lyly.

Karl's aikido is dynamic, passionate and precise. The joint movement of uke and tori is at the heart of his research. As he likes to practise at a higher frequency, his teaching puts a special focus on intelligent ukemi. And on having fun taking it.

More information: <http://www.kokoro-aikido.de>

FRI

19.30 – 21.30 Aikido (in Frankfurt)

SAT – German bank holiday!

10.30 – 12.30 Bokken & Aikido

16.00 – 18.00 Aikido

SUN

11.00 – 13.00 Bokken & Aikido

Whole seminar 60 €

Single day 35 € / Single class 20 €

Please bring your bokken. We have a supply at the dojo that you may borrow for a 5 € contribution to the dojo fund.

Beginners with basic ukemi skills are welcome!

Locations:

FRI – Aikido School Takeshin, Wachtersbacher Strasse 88-90, 60386 Frankfurt, Germany

SAT/SUN – Aikido Oberursel (TV Weisskirchen) Oberurseler Strasse 16, 61440 Oberursel, Germany (ca. 20 mins from Frankfurt)

How to get there:

<http://www.takeshin-aikido.de/kontakt.php>

<http://aikido-oberursel.de/en/location>

You may drop your sleeping bag at the dojo in Oberursel both nights. The D&B fee is 10 € per night and includes a full breakfast. There is a self-service bar at the dojo that provides drinks at very affordable prices. **Please** get in touch if you arrive on Friday or have special nutrition requirements or need a transfer to Oberursel on FRI night. **SAT is a German bank holiday**, so shops are closed (same on SUN)!

Please check the „Location“ page on our website for more accommodation options.

Registration procedure:

- **Please** register via e-mail!
- Short notice participation is possible
- Payment in cash on site

Contact:

dojo@aikido-oberursel.de

Mobile +49 (172) 86 36 101 (Klaus)

<http://aikido-oberursel.de/en/>

All participants must accept the dojo's terms & conditions for seminar participation (see „Terms & Conditions“ page on our website). A printed copy is available at the venue. Aikido Oberursel is a department of TV 1889 Weisskirchen/Ts. e.V.