

aikido-oberursel.de

ANTONY PINCHBECK



GRADING PREPARATION

21 – 22 November 2015

© aikido oberursel

Grading Preparation Seminar with
ANTONY PINCHBECK (Aylesbury, UK)

21– 22 November 2015 in Oberursel, Germany

Antony Pinchbeck is founder and head of Kamo Aikido Club near Oxford and holds a 4th Dan Aikikai Tokyo.

More information: <http://www.kamo.org.uk>

The seminar focuses on an adequate grading approach covering posture, distance, timing, relation to uke, dealing with several attackers etc – and on the development of a healthy measure of self-confidence.

Antony does not teach specific grading techniques, so this seminar is suitable for participants from various backgrounds and styles.

SAT – Oberursel
10.00 – 13.15 (3 hours with 15 min break)
16.00 – 19.15 (3 hours with 15 min break)

SUN – Frankfurt
11.00 – 13.00

The seminar has a focus on grading preparation, but is open to anybody with basic ukemi skills.

Bring a notepad, a pen and your grading curriculum.

Please also bring bokken, jo and tanto. We have a supply at the dojo that you may borrow.

Locations:
SAT – Aikido Oberursel (TV Weisskirchen)
Oberurseler Str. 16, 61440 Oberursel, Germany
(ca. 20 mins from Frankfurt)

SUN – Aikido Dojo Frankfurt (Niddahalle SG Nied)
Oeserstr. 74, 65934 Frankfurt am Main, Germany

How to get there:
<http://aikido-oberursel.de/en/location>
<http://aikido-frankfurt.de/en/location>

Accommodation:
You may drop your sleeping bag at the dojo (includes a full breakfast). There is also a self-service bar with drinks at very affordable prices. **Please** get in touch if you arrive on Friday and let us know if you have special nutrition requirements! SUN morning transfer to Frankfurt will be available.

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

Registration procedure:

- **Please** register via e-mail and tell us your arrival date and accommodation choice!
- Short notice participation is possible

Registration contact:
dojo@aikido-oberursel.de
Mobile +49 (172) 86 36 101 (Klaus)
<http://aikido-oberursel.de>

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.