

**KARL
RUBEN**

**7-9 Sep
2018**

**NEW
DATE & LOCATION**



@ aikido oberursel

KARL RUBEN

Aikido Seminar 7–9 September 2018

FRI
19.30–21.00 Aikido

SAT
10.30–12.30 Aikido
Lunch at nearby beer garden/restaurant
16.00–18.00 Aikido

SUN
11.00–13.00 Aikido

>> Please register via this link:
<https://aikido-oberursel.de/karl2018en>

Karl Ruben is founder und head of Kokoro Aikido Dojo in Berlin, Germany. He holds a 4th 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>

Seminars are designed to deepen your skills and to exchange with fellow aikidokas. The teacher prepares a schedule that is tailor-made for the weekend. Please support us and visit at least two classes.

Location:

Old gym of the Grundschule Stierstadt
Römerstraße 1, 61440 Oberursel, Germany

(ca. 20 mins from Frankfurt)

Directions: <https://aikido-oberursel.de/en/location#gss>

Accommodation:

You may drop your sleeping bag at the dojo. The dojo has a self-service bar that provides drinks at very affordable prices.

Please register via the link above and to let us know the date and time of your arrival and whether you have special nutrition requirements!

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

Contact:

dojo@aikido-oberursel.de
Mobile +49 (172) 86 36 101 (Klaus)
<https://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. sports club.

We are a non-profit organisation.