

KARL RUBEN

**30 Aug – 1 Sep
2019**



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KARL RUBEN

Aikido Seminar 30 Aug—1 September 2019

FRI
19.30–21.00 Aikido

SAT
10.30–12.30 Aikido & Bokken
Lunch at nearby beer garden/restaurant
16.00–18.00 Aikido
from 19.00 Party at the dojo

SUN
11.00–13.00 Aikido & Bokken

Participants should have practised aikido for at least 3–6 months. Admission is from age 14.

Please bring your bokken.

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 Lylly.

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>

Please register via this link:

<https://aikido-oberursel.de/karl2019>

Location:

Club house of TV Weißkirchen (TVW)
Oberurseler Straße 16
61440 Oberursel

Oberursel is ca. 20 mins from Frankfurt. Guide to both locations: <https://aikido-oberursel.de/en/location>

Accommodation:

You may drop your sleeping bag at our Weißkirchen dojo. The dojo also 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.