

AIKIDO UCHI-DESHI WEEK

Erlangen/Germany 27.5.-2.6.2018

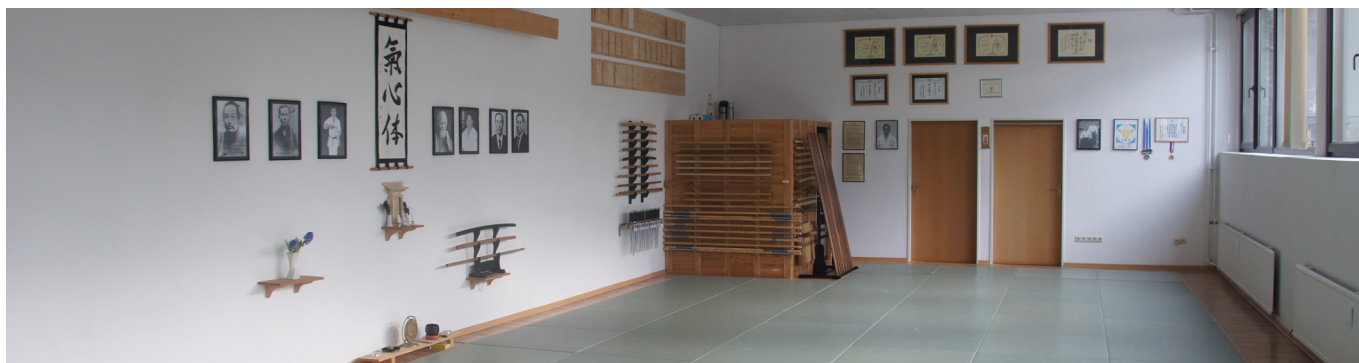


with Sensei
THOMAS PODZELNY
5th Dan Aikido
(Iwama Shinshin Aiki Shurenkai)

氣心体道場 KI-SHIN-TAI DOJO

Aikido – Okinawa Karate Do – Ryukyu Kobudo – Budo for Kids

Martial Arts School
Erlangen (Buckenhof) / Germany
THOMAS PODZELNY



Live for one week as an 'in-house student' in a group of like-minded people far away from your daily work and issues. Enjoy intensive aikido practice, prepare and share your meals with the others, help to clean and take care of the dojo. The week is open to all aikidoka regardless of style or rank with minimum one year of practice.

Sensei:

THOMAS PODZELNY started aikido in 1992 with his first teacher Norbert 'Nicki' Schwierzock. In addition to regular dojo lessons he attended many aikido seminars with renowned teachers, including Morihiro and Hitohira Saito. In 1999 he founded the 'Ki-Shin-Tai Dojo'. Meanwhile his dojo is affiliated to the 'Iwama Shinshin Aiki Shurenkai' and he follows the teaching methodology of Hitohira Sensei. Thomas lived many times as an uchi deshi in the Iwama dojo (Japan). In November 2017 he received 5th Dan. He still continues to visit Hitohira Sensei's annual seminars in Europe and to stay at the Iwama dojo every year. Thomas also practices Okinawan Uechi Ryu Karate-do (5th Dan) as well as Ryukyu Kobudo (5th Dan) and is a graduate budo-pedagogue. Meanwhile he is teaching not only in his dojo but also on seminars in Germany and foreign countries.

Place/Organizer:

KI-SHIN-TAI DOJO, Thomas Podzelny, +49 177 7755117 (mobile)

Dojo address: Am Schwabachgrund 22, 91054 Buckenhof (close to Erlangen), Germany

The dojo is equipped with a small kitchen, showers, sauna (free to use) and a martial arts library (books and DVD, TV, DVD-Player). You can use the dojo aikido weapons (bokken, jo and tanto). It is possible to arrive one day before (saturday) and depart one day later (sunday) without extra costs.

Fee:

200,- € including all classes and accomodation in the dojo (with your sleeping bag on tatami), payable on the spot. Uchi deshi will have to go for shopping and prepare all their meals together (daily 'toban' money 6-8,- €).

Registration:

Please register by email as soon as possible (info@ki-shin-tai.de). Places are limited to 10 participants! (with a minimum of 5)

Schedule: (29h aikido practice in total)

| Sunday: | Monday – Friday: | Saturday: |
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| <p>Arrival (possible on Saturday, too)</p> <p>17:00 registration, meeting 18:00-19:00 buki waza 19:15-20:15 tai jutsu 20:15 soji (cleaning) 20:30 welcome party</p> | <p>06:00 <i>wakup, soji</i> 06:40-07:00 meditation 07:00-08:00 suburi 08:00 <i>breakfast</i> 09:00-09:15 warm up / mobility 09:15-10:15 buki waza 10:30-11:30 tai jutsu 13:30 <i>lunch</i> 18:00-19:00 buki waza 19:15-20:15 tai jutsu 20:15 <i>soji</i> 21:00 <i>dinner</i> (saturday: <i>sayonara party</i>)</p> | <p>08:00 <i>wakup, soji</i> 08:30 <i>breakfast</i> 09:30-09:45 warm up / mobility 09:45-10:45 buki waza 11:00-12:00 tai jutsu 12:15 <i>dai soji (big cleaning)</i></p> <p>Departure (possible on Sunday, too)</p> |