

Sport Aikido Course

Kiev : Ukraine

Date: Saturday 4th and Sunday 5th April 2020

Times: Daily: 10.00 a.m. to 5.30 p.m.

Coaches Bob Jones 7th Dan Sport Aikido,
4th Dan Traditional Aikido
2nd Dan Judo.

Content Understanding the current WSAF Competition Rules.
Including the aims and objectives of competitive Aikido.

Developing effective Free Practice including Ninin Dori,
Kakariegieko, Hikitegieko and contest Randori.

Understanding Kata and developing Open or Freestyle Embu with
reflections on traditional aikido.

Best practice in preparation for competition for children and adults.

The seminar will serve to build on existing knowledge and style of Aikido and blend it with the demands of competitive Aikido for both children and adults.

For more information, and to pre-register, please contact the school organiser:

Inna lesko
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Course content contact
Bob Jones
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