

IRELAND AIKIKAI

ESSENTIAL AIKIDO

Training Programme 2009-2010

A Programme of one day seminars will commence in October 2009.

The programme consists of seminars -2nd Sat. each month.

Anyone may register for the programme.

The venue the seminars will be the AIKIDO CENTRE, Macken st.,

The Objectives of the training programme are:-

To provide regular seminar training, conducive to developing enthusiasm, confidence and ability in the Art of Aikido.

To make a sound foundation of Aikido training and principles on which members can build to become skilful practitioners and future instructors.

Seminar schedule & Content:-

Sat. 10.00 Kihon, 11.00 AikidoI, 15.00 Ken/Jo basics 16.00 AikidoII.

Aikido:

- I. Kihonwaza / basic techniques.
- II. Oyowaza / application techniques.

Based on the teaching and publications of Aikikai Hombu dojo and the Aikido Doshu Moriteru Ueshiba in particular.

Ken / Jo basics:

Subrai, Kata, Sabaki.

Kihon:

Will include Makko-ho, Sabaki, & Ukemi drills and aikikokyuhō.

Arrangements

Seminars may be attended and paid for individually or members may register for the year. (8 seminars).

Sat. seminar fee 40€/ 25€student.

Part time attendance is permitted, 30€/ 15€half day.

Full programme registration

The membership fee is 250€/100€student for the programme

(not including Spring/ Summer / Winter courses).

Long distance discount (Clare, Cork, Galway, Kerry, Limerick)

200€/80€student or reg.fee.

GFK roster instructors and ATP members may attend free of charge,

Full Programme registration gives some discount on IrAF courses

Instructors

John Rogers sensei, assisted by IrAF Shidoi/Fukoshidoi and GFK instructors.

ESSENTIAL AIKIDO:

A Basic Instructor Training Programme (I T P).

Seminar Schedule 09-2010:-

Oct. 10	Nov. 14/15 Winter crs	Dec. 12	Jan. 13	Feb. 13
Mar. 10	Apr. 10/11 Spring crs	May 8	June 19	July 10

IrAF Summer Course August 14-20th

Schedule changes will be notified by email.

Essential Aikido

Any enquiries about participation in this programme should be sent by e-mail to atp@aikido.ie.

Participants will require:
x1 aiki or Kashima bokken ,
x1 Jo & x1 Tanto.

Recommended resources:-

BUDO & Art of Peace :
Morihei Ueshiba,

Best Aikido vol.1 & Progressive Aikido:
Moriteru Ueshiba

The Art of Aikido & Essence of Aikido:
K.Ueshiba.

Essential Aikido (dvd)



**An
AIKIDO Centre
Training Programme**