

31 Aug / 01 Sept 2024

# Aikido in Berlin

training together...especially with focus on

Uke-training  
exploring the roles of uke and nage in the techniques

**Hitori-, Futari-, Taninzugake practice**

your suggestions for exercises on these  
or your own topics are welcome

**saturday**

10:00 – 11:30

12:00 – 13:30

15:00 – 17:00

**sunday**

10:00 – 12:00

13:00 – 15:00

for Aikidoka with  
some,  
more,  
or a lot of mat experience

**place:**

Miriam-Makeba-Schule  
Zinzendorfstr. 15-16, 10555 Berlin

bring Jo, Bokken, Tanto if possible.  
you are welcome to bring food  
or drink to share.  
we ask for a contribution towards the costs,  
in cash on site.

Please organize accommodation yourself.

contact & registration:

Ulla Michel, +49 171 8786918, [um@ki-aikido.tv](mailto:um@ki-aikido.tv)

any other questions : [iris.scanlon@infinitymoves.de](mailto:iris.scanlon@infinitymoves.de) / [sigridbuck@other-net.de](mailto:sigridbuck@other-net.de)