



Aikido for 'solid men', the 3rd

Practicing what can only be practiced with men of similar build (95+ kg, 180+ cm).

In club training and seminars, there are often Aikidoka who are significantly taller, heavier, and stronger than most others.

In this workshop, we have the opportunity to practice Aikido with men of similar stature.

Ki tests, including unbendable arm and unraisable body.

Kumi Waza (partner techniques) with strong partners to clearly explore and experience the difference between 'with Ki' and 'with strength.'

Exchange of personal experiences.

Open to Aikidoka of all styles and associations.

Saturday, 26 September 2026

10:00 a.m. - 11:30 a.m. *Hitori Waza & Ki-Tests*

11:40 a.m. - 1:00 p.m. *Kumi Waza*

Break

2:00 p.m. - 3:30 p.m. *Kumi Waza*

3:40 p.m. - 5:00 p.m. *Kenkodo*

From 6 p.m. onwards: *Shared meal and exchange*

Sunday, 27 September 2026

9:30 a.m. - 11:00 a.m. *Continuation 1*

11:00 a.m. - 12:30 p.m. *Continuation 2*

Break

1:00 a.m. - 2:30 p.m. *Happy Ending*



Aikido Rhein Neckar Dojo

Address: Heltenstraße 1, 69181 Leimen

Instructor: Maik Fiedermann

Basic knowledge is required.

Participation fee: €50 for the entire seminar or €25 per day.

Early bird until 2026-07-30 €40 for the seminar

For registration and questions, please contact:

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