



## "Aikido for 'solid men' "

**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, October 12th:**

**10:00 AM - 11:30 AM:** *Hitori Waza & Ki-Tests*

**11:30 AM - 1:00 PM:** *Kumi Waza*

**1:00 PM - 3:30 PM:** *Kumi Waza*

**3:30 PM - 5:00 PM:** *Kenkodo*

**From 6:00 PM onwards:** *Shared meal and exchange*



### **Sunday, October 13th:**

**9:30 AM - 11:00 AM:** *Continuation 1*

**11:00 AM - 12:30 PM:** *Continuation 2*

**From 1:00 PM onwards:** *Snack / Departure*

### **Aikido Rhein Neckar Dojo**

**Address:** Heltenstraße 1, 69181 Leimen

**Instructor:** Maik Fiedermann

Basic knowledge is required.

Participation fee: €40 for the entire seminar or €25 per day.

For registration and questions, please contact:

[mfiedermann@web.de](mailto:mfiedermann@web.de).