



Urban Aldenklint Sensei Seminar in Bath UK

One week ago I was traveling around & sightseeing in Bath, which is an absolutely beautiful place with its architecture and spectacular Roman baths.

However the one thing that did strike me was the amount of dog poo left on the pavement by pet owners. This added to the difficulty one experiences while stumbling over the several hundred year old paving stones, as you are taking in the marvelous sights. Thankfully the majority of the pooches that I did see were not all of the large variety...as I only have small feet.

Slipping right along, the following week I was kindly invited to attend a seminar to be held back in Bath and arranged by an organization known as the Kobayashi Dojo's.

Justin Marchant Sensei is just one of the many aikido fanatic's / extremists worthy of mention training at the **Open Aikido Association** which is based in the heart of London.

This was to be my first real opportunity to experience Aikido in the United Kingdom on a seminar scale. Surprisingly the average cost of seminars over here is quite reasonable at \$25 pounds for two days training or roughly \$75 NZD.

The guest instructor at the seminar was Urban Aldenklint Sensei 6th Dan from Stockholm, Sweden. The seminar was held at the University of Bath within their sports complex, which can only be described as a magnificent facility. The size of the dojo is at least 250 tatami and is the training location for the 2012 Olympic Judo Team.

Urban Sensei is a jovial man of sizeable girth and height and whose appreciation and understanding of Aikido welcomes the difference in technique shown by that of fellow Aikido practitioners from around the world. I was invited to sit down with Urban Sensei during the seminar dinner and we began to discuss our individual teachers and their influences on not only our physical application but also our understanding of Aikido.



Inside Bath Abbey



Urban Aldenklint Sensei



AIKIDO SHINRYUKAN

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We both agreed that Aikido is very individual as we are all shaped differently and think differently from one another. So with that in mind there can never be “the” right way or wrong way of practicing Aikido? Every individual has had and will have varying influences and life experiences compared to others and also for this reason we should not compare or criticize others technique, unless we wish to show the limits of our own understanding of Aikido.

The attendees and myself enjoyed Urban Sensei’s expertise not forgetting his sense of humor over the course of the weekend. We covered numerous techniques with the emphasis on nage relaxing, finding ones centre and relinquishing our strength during the application of a technique.

Bokken and Kumi Tachi techniques was also a main focus for the weekend and it was enjoyable to see and experience a different approach to weapons, compared to the instruction we receive from Takase Shihan and Sawada Shihan. The Kobayashi members and visitors from other organizations tended to have a very front on kamae, with more emphasis on parrying and blocking uke’s cuts and tsuki’s.

Overall the weekend was a great success and everyone had a wonderful time training with those who attended.



Urban Sensei demonstrating a technique



Walking along the beautiful water-ways of Bath

by Simon Puffett - 17/02/2008