



ASC SPRING SEMINAR MAY09

Takase Shihan regularly travels to Christchurch for the mid and end of year gradings. Typically he teaches a one day seminar on Saturday with the grading on Sunday. However, for some time we have been eager to develop the seminar training with Takase Sensei to a deeper level and thus suggested a weekend seminar.

Takase Sensei kindly agreed to teach an Autumn Seminar for the weekend just gone [2/3 May]. Over the two days, 52 people attended the 8 lessons taught by Takase Shihan. Sensei covered a great deal of his recent direction in Aikido; relaxing and focussing power on the centreline, and the sense of drawing uke into the technique.

The grades that attended included those from beginners to 21 dan grades. Many thanks to the three from Dunedin that travelled north for the weekend.

I am sure everyone enjoyed themselves and though they may have tired bodies they also gained a great deal of knowledge to reflect upon and practice over the next few months. It was a very valuable weekend that we hope to repeat in the future.

By Andrew Williamson



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