

## SPRING SEMINAR – AUCKLAND Nov'11

Aikido Shinryukan held their Spring Seminar over the 2<sup>nd</sup> to the 6<sup>th</sup> of November '11. Shihan Toshiharu Sawada 7<sup>th</sup> Dan from Kimori Dojo Nagoya Japan was the guest instructor with the accompaniment of the Aikikai Foundation representative for New Zealand Shihan Nobuo Takase 7<sup>th</sup> Dan. A strong bond has been built between the two Shihan as they had been close friends from their university days while practicing Aikido under the same Aikikai Foundation Shihan.

The Spring Seminar was attended by one hundred registered applicants from as far away as Singapore, Samoa, Australia, New Caledonia and throughout New Zealand.

The first three days of the seminar were focused on weapons. Classes were split into two aiming at providing the opportunity to deliver more prescriptive lessons. Participants were invited to choose between the two classes on offer regardless of their experience. Each class practiced similar techniques while one class directed more attention to important key basics in order to help develop an individual's technical level going forward.

Both Sawada Shihan and Takase Shihan thoroughly enjoyed the atmosphere and the level of training from those people that attended. The sentiment was shared with positive comments being aired from those attended regarding the pace in which the seminar was run. Also the time given to participants to practice and establish learned key aspects associated with each technique.

The formal dinner celebrating the Spring Seminar was held at Zen Japanese restaurant on the Viaduct. The meal was delicious and the venue simply fantastic giving everyone the opportunity to relax and chat about the technique taught during the week and the improvements everyone had made to their own technique.

At the end of the five day seminar everyone celebrated the success and enjoyment had by all. Over the five days twenty two hours of lessons were given, no injuries were received yet everyone felt in fluxed with new vigour for their own practice and improvement in the art of Aikido.



# AIKIDO SHINRYUKAN

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