



**AIKIDO**  
**DOJO MAINZ**

*“To me the modern concept of Bushidô means to make a difference, even as a single person.”*

Anita Köhler

*With an annual memorial seminar we aim to celebrate the commitment and unique influence of Anita Köhler to the international budo community and to commemorate her life.*

*Anita has always been most focused on her journey, to strive forward and evolve without being deterred by any limitations. With this spirit she paved the way for all who wanted to accompany her. Join us as we are continuing on this journey together.*

#### **Teacher and topic**

*Robert Cowham was a good friend of Anita and companion on the path of researching Budo, inspired by Inaba sensei. The seminar will reflect this research and the fundamentals of Kashima no Tachi and Aikido, including hara, breathing, kiai and yawarami.*

# 1. Anita Köhler Memorial Seminar

#### **Instructor**

Robert Cowham  
5<sup>th</sup> dan Aikikai, chuden Kashima no Tachi

#### **Date**

26. + 27. October 2019

#### **Organizer**

Aikido Dojo Mainz e. V.

#### **Location**

Aikido Dojo Mainz e.V.  
Walpodenstrasse 5  
55116 Mainz  
Germany

#### **Seminar fee**

The whole weekend - regular 60 €, reduced rate 45 €  
Just one day - regular 40 €, no reduced rate  
The reduced rate is meant for students, apprentices, unemployed people and pensioners.

#### **Schedule**

##### **Saturday October 26th**

10:00 a.m. - 12:30 p.m.	Taijutsu/Kenjutsu
12:30 p.m. - 03:00 p.m.	Lunch break
03:00 p.m. - 05:30 p.m.	Kenjutsu
06:00 p.m. - 07:30 p.m.	Lecture and discussion
07:30 p.m. - open end	Going out for dinner

##### **Sunday October 27th**

10:00 a.m. - 12:00 p.m.	Taijutsu/Kenjutsu
12:00 p.m. - 02:00 p.m.	Lunch break
02:00 p.m. - 04:00 p.m.	Kenjutsu

#### **Please bring**

Fukuroshinai and bokken

#### **Accommodation**

Free accommodation at the Dojo is possible. Do not forget to bring your sleeping bag and mat. Please state your interest via e-mail.

#### **Note**

All participants are attending the seminar at their own risk. Neither the organizer nor individuals assume any form of liability.

#### **Registration**

Participation is limited. First come, first served. Please register via [kontakt@aikidomainz.com](mailto:kontakt@aikidomainz.com) before October 13<sup>th</sup> 2019 and let us know if you would like to join us for dinner (Sa Oct 26<sup>th</sup>).