



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

Catherine Boukhenter studied Aikido and Kenjutsu under Phillipe Orban, and together with Anita under Christian Tissier in Paris, as well as at the Meiji Jingu Shiseikan Budojo in Tokyo. The two women shared a long history and friendship together.

The focus of this year's seminar will be on the topics of strong centre, smoothness and precision.

Lecture

In the course of her presentation, Dr. Annika Hansen, expert in shinto and budo, will take us onto a spiritual journey to important shinto shrines linked to budo spirit, and she will explain to us why they were important to Anita. As cultural advisor and longtime companion on the path of budo, Annika assisted Anita on many journeys.

2. Anita Köhler Memorial Seminar

Instructor

Catherine Boukhenter
5th dan Aikikai Tokyo

Date

23. - 25. October 2020

Organizer

Aikido Dojo Mainz e. V.

Location

Aikido Dojo Mainz e.V.
Walpodenstrasse 5
55116 Mainz

Seminar fee

The whole weekend: regular 70 €, reduced rate 55 €. The reduced rate is meant for students, apprentices, unemployed people, pensioners and guests from abroad.

Schedule

Fryday October 23rd

06:00 p.m. – 07:00 p.m. Jojutsu
07:00 p.m. – 07:30 p.m. Meditation

Saturday October 24th

10:00 a.m. – 10:30 a.m. Meditation
10:30 a.m. – 12:30 p.m. Kenjutsu/Taijutsu
12:30 p.m. – 15:00 p.m. Lunch break
15:00 p.m. – 17:00 p.m. Jojutsu/Taijutsu
17:00 p.m. – 17:30 p.m. Meditation
18:00 p.m. – 19:30 p.m. Lecture and discussion
19:30 p.m. – open end Going out for Dinner

Sunday October 25th

09:30 a.m. – 10:00 a.m. Meditation
10:00 a.m. – 12:00 p.m. Kenjutsu/Taijutsu

Please equip

Bokken, fukuroshinai and jo

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. We refer to the latest directive of the state Rhineland-Palatinate regarding the controlling of the corona pandemic. If this region is declared unsafe, and it becomes foreseeable that the attendance at this seminar would be a potential risk to the participants, the seminar will be cancelled in due time, and no seminar fees will be charged. All registered participants will be kept up to date on that matter.

Registration

Participation is limited. First come, first served. Please register via kontakt@aikidomainz.com before October 11th 2020 and let us know if you would like to join us for dinner (Sa Oct 24th).