

BUDOJO WARSZAWA

invites you for the seminar

Aikido Indywidualny

*What and how you can do alone and on your own
when you have no partner around to improve your practice
which will be led in Warsaw Budojo by sensei*

Miroslav Kodym



Born 1953

6th dan Aikido, Shihan Aikikai

Student of Ikeda Masatomi sensei

*1993-2017 President of ČAA
(Czech Aikido Association www.aikikai.cz)*

Member of ČAA Technical Committee

*Chief instructor of Aikido Kenkyukai Praha
(www.aikido-kenkyukai-praha.cz)*

*The seminar will follow the subject of the book "Aikidó individuálně" and their chapters
([Genkikai](#) - [Kokyu](#) - [Kotodama](#) - [Shiatsu Do In](#) - [Hitori geiko](#) - [M. Ikeda & L. da Vinci](#))
& will be sort of introduction to Aikido concept & methodology of Ikeda sensei*

Saturday, 09th April 2022

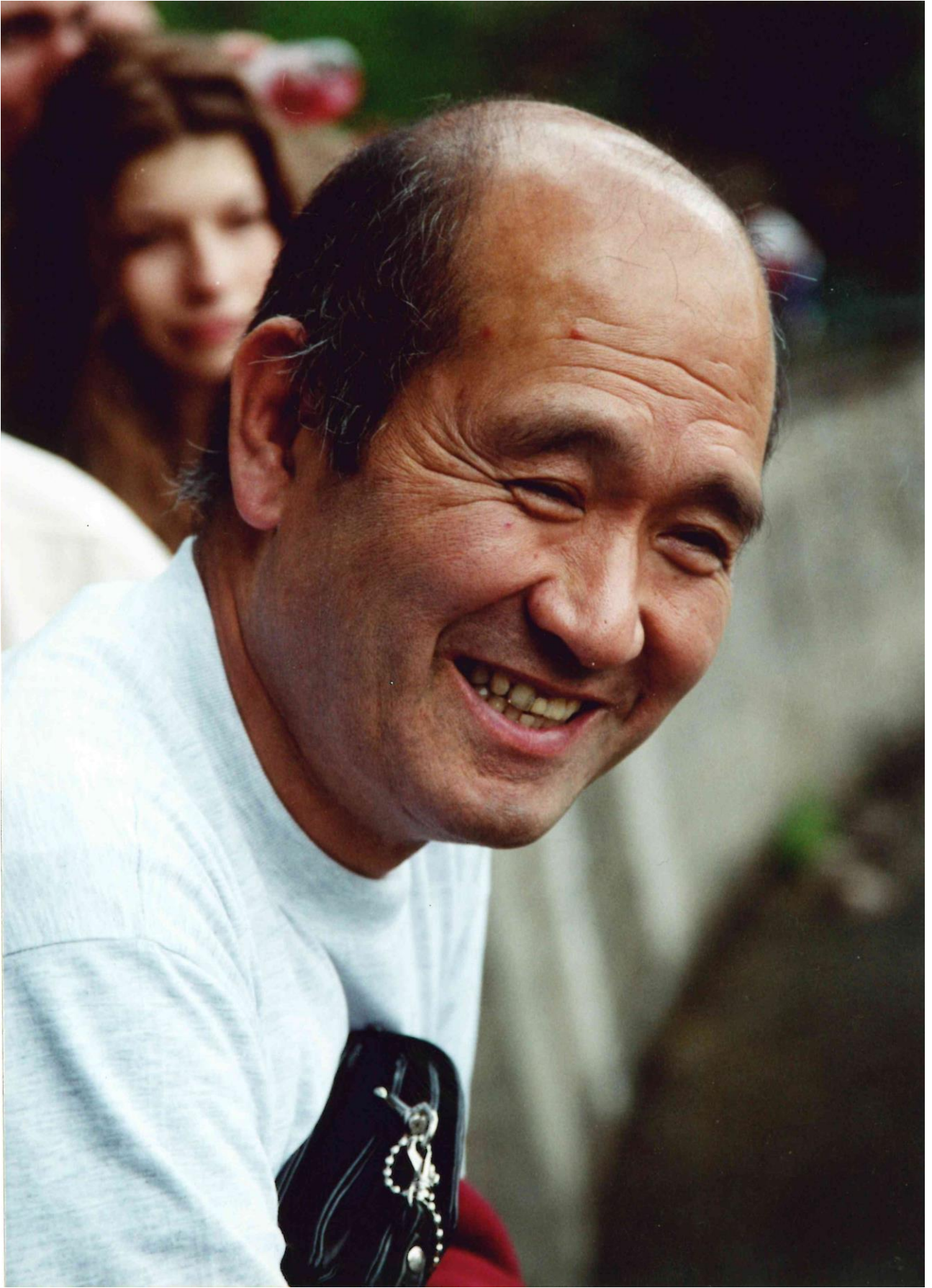
10.00 - 13.15 & 15.15 - 18.30

Sunday, 10th April 2022

09.30 - 13.00

Full seminar fee = 200 zł (Sat only = 150 zł / Sun only = 100 zł)

*Interested persons please contact organizer by end of March 2022 at the latest:
Adam Radecki: +48 691 538623 / kenjutsu@budojo.pl*



IKEDA Masatomi sensei (1940-2021)