

Ukemi: Principles and Methods

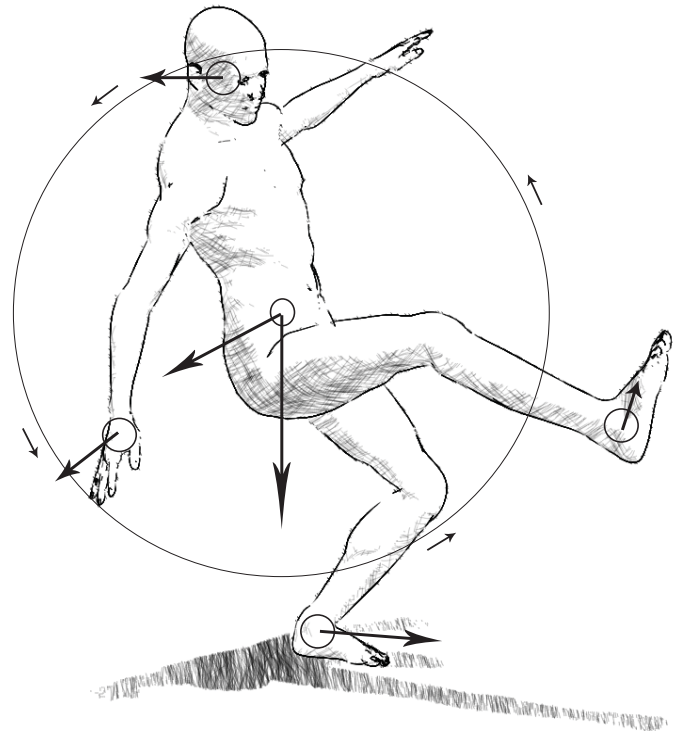
with Jeff Sodeman Sensei, Jiai Aikido

June 13th & 14th in San Diego, CA

Saturday	10:30 am - 3 pm
Sunday	10:30 am - 3 pm
Cost	\$60 (includes lunch both days)

Half of our time practicing Aikido is spent taking ukemi - learn how to better protect yourself and create a more productive learning environment for your partners.

At this seminar we will explore principles of movement, methods of falling, drills and exercises to increase our skill, ways of maintaining our health and protecting our bodies, attacking with center, trust, giving & receiving, and many other concepts of ukemi.



Students of all levels and affiliations are invited. Basic rolling skills are requested. Registration opens an hour before class. There will be a lunch break each day. There is ample parking in the back of the dojo. For housing assistance please contact us. An open mat Q&A time will follow the end of each day.

We are located at:

980 Buenos Ave Unit C, San Diego CA 92110

Maps, directions, and more information at our website

For more information:

Internet www.SanDiegoAikido.com

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