



aikido and qi seminar with

Konstantin Rekk

3. Dan Aikido Aikikai, Certified Qigong Teacher (DQGG)

Kokyo and Atemi

- are closely interrelated Budo principles. One aspect of this connection was called Atemi-Kokyo by Nishio Sensei. It stands for an intense and extremely watchful presence towards the Uke and is supported by the propagation strength of ones own breathing or Qi field (Kokyo) thereby touching Ukes center and energy. This close but flexible contact with the Uke can manifest itself at the physical level by intimated or actually executed control movements such as hits, pushes etc. (Atemi).

31 october/ 1st november 2009 in Berlin

Karate Dojo Shin Gi Tai
Stargarder Str. 10, 10437 Berlin

Location may change, so please check
our website before your arival.
Please register in advance.

60 Euro all inclusive
45 Euro for tanden and partner dojo's members

liability exclusion
please bring your Jo and Bokken,
overnight stay in the Dojo

Sa 11.00 - 13.30, 16.00 - 18.30
Su 11.00 - 14.00



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