kenjutsu**seminar**
mit Ilka Flora

KASHIMA—NO—TACHI

sword—art from kashima



march
12th—14th
2027
Luzern

Progression through the five series
Get inspired and train the basics (suburi, posture, positions). Explore principles (ma—ai & ki—musiubi) develop your knowledge of the sword. Learn & refine the forms. All Levels welcome! Please bring your own bokken.

friday
7—9pm
Introduction & basics

saturday
11am—1pm
Tai—Jutsu & Kumi—Tachi (Kihon/Ura)
4—6pm
Suburi & Kumi—Tachi (Ura/Aishin)

sunday
10—12am
Suburi & Kumi—Tachi (Jissen/Kassen)

location
Aikido Luzern
Werkhofstrasse 18, 6002 Luzern

registration
info@aikido-luzern.ch

AIKIDO LUZERN

fee
CHF 90 complete
CHF 30 per lesson