

## AIKIDO: A UNIQUE MARTIAL WAY

*"True budo is to nourish life and foster peace, love and respect". M. Ueshiba (1883-1969)*



# GOSHINKAI TEACHERS' COURSE

Hosted by Bloomsbury Aikido Club

UNDER THE DIRECTION OF

## SENSEI MIKE SMITH 6 DAN GOSHINKAI PRINCIPAL

### 11:00 – 13:00, SATURDAY 20 MAY 2017

Go Shin Kai teachers' courses are open to members graded 2nd Kyu and above

#### Course Programme

- 10:55 Registration.
- 11:00 Formal Bow
- 11:01 **Warm Up** led by a GSK Fukushidoin
- 11:10 **Mike Smith Sensei Class**  
**Application of Weapons to Aikido**
- 11:50 **Teaching Workshop**  
Teaching demonstrations by GSK coaches  
(four 15 min. demonstrations)  
Feedback and questions
- 13:00 Formal Bow
- 13:10 Depart and lock up hall



#### Course Fee: £10



Please bring:

1. **GSK membership book and insurance certificate**
2. **Bokken, jo, tanto.**
3. There are **no mats**: bring suitable footwear for training on wooden floor.

**Location: The Upper Room, 8 Greenland Street, Camden Town, London NW1 0ND**

[www.posp.co.uk/the-upper-room/](http://www.posp.co.uk/the-upper-room/)

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