

# OPEN KEIKO



ERIC STEEVES



KLAUS MESSLINGER

Open Keiko

## ERIC STEEVES & KLAUS MESSLINGER

The OPEN KEIKO is a cooperation between Aikido Oberursel and Aikido Kelkheim. It is a joint class which is meant to serve the exchange between dojos in the region. Therefore it is open to participants of all schools and styles.

Eric Steeves is 4th Dan Aikido (Seishinkai) and founder of Aikido School Kelkheim. He is particularly interested in natural movements to improve body awareness (<http://aikido-kelkheim.de>, <http://naturalmoves.org>).

Klaus Messlinger is 2nd Dan Aikido (Aikikai Tokyo) and founder of Aikido Dojo Oberursel. His special interest lies with a lively connection between tori and uke – alert, but reduced to the essential movement.

Sunday, 2 August 2015  
18.00 – 20.00

Please bring bokken and jo, if available.

Beginners are welcome!

Class is held in German, English and French if requested.

Please contribute a small amount, eg. 5 EUR.

Aikido Oberursel (TV Weisskirchen)  
Oberurseler Str. 16  
61440 Oberursel  
Germany  
(ca. 20 mins from Frankfurt)

How to get there:  
<http://aikido-oberursel.de/en/location>

Contact:  
[dojo@aikido-oberursel.de](mailto:dojo@aikido-oberursel.de)  
Mobile +49 (172) 86 36 101 (Klaus)  
<http://aikido-oberursel.de>

All participants must accept the dojo's Terms & Conditions for seminar participation (see „Terms & Conditions“ page on our website).  
Aikido Oberursel is a department of TV 1889 Weisskirchen/Ts. e.V. – Photos by Sue Messlinger (top) and David Ellard (bottom).