

# OPEN KEIKO



THOMAS MEHL



ERIC STEEVES



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Open Keiko

## THOMAS MEHL, ERIC STEEVES & KLAUS MESSLINGER

The OPEN KEIKO is a cooperation of teachers in the Rhine-Main area. It is a joint class which is meant to serve the exchange between dojos in the vicinity. Therefore it is open to participants of all schools and styles.

Thomas Mehl is 4th dan aikido (Aikikai Tokyo) and founder of Takeshin Aikido School in Frankfurt (<http://takeshin-aikido.de>). He teaches aikido as a functional martial art that results from the communication between uke and tori.

Eric Steeves is 4th dan aikido. His focus is on the systematic research into the unity of the body, looking for natural movements and scrutinising habitual postures.

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, 28 February 2016  
18.00 – 20.00

Please bring bokken and jo, if available.

Beginners are welcome!

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

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.