

**KARL
RUBEN**

**1-3 September
2017**



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KARL RUBEN

Aikido Seminar 1-3 September 2017

FRI
20.00 - 22.00 Aikido

SAT
10.30 - 12.30 Aikido
16.00 - 18.00 Aikido
from 19.00 Party at the dojo

SUN
11.00 - 13.00 Aikido

The seminar is suitable for beginners.

>> Please register via this link:
<https://aikido-oberursel.de/en/registration?eventID=20170901>

Karl Ruben is founder und head of Kokoro Aikido Dojo in Berlin, Germany. He holds a 4th Dan Aikikai Tokyo.

In 1999, at age 13, Karl took his first Aikido lesson. For the past decade Christian Tissier Shihan has been his main teacher. Some time ago Karl additionally started attending seminars with Tsuruzu Miyamoto Shihan. A lot of special inspiration comes from the Swedish teacher Jorma Lylly.

Karl's aikido is dynamic, passionate and precise. The joint movement of uke and tori is at the heart of his research. As he likes to practise at a higher frequency, his teaching puts a special focus on intelligent ukemi. And on having fun taking it.

More information: <http://www.kokoro-aikido.de>

Seminars are designed to deepen your skills and to exchange with fellow aikidokas. The teacher prepares a schedule that is tailor-made for the weekend. Please support us and visit at least two classes.

Locations:

FRI – Aikido School Takeshin
Wächtersbacher Str. 88-90
60386 Frankfurt, Germany
Directions: <http://www.takeshin-aikido.de>

SAT + SUN – Aikido Oberursel (TV Weisskirchen)
Oberurseler Str. 16, 61440 Oberursel, Germany
(ca. 20 mins from Frankfurt)
Directions: <https://aikido-oberursel.de/en/location>

Accommodation:

You may drop your sleeping bag at the dojo. Our D&B service includes a full breakfast. The dojo also has a self-service bar that provides drinks at very affordable prices. Please get in touch to let us know the date and time of your arrival and whether you have special nutrition requirements!

Please check the „Location“ page on our website for more accommodation options.

Contact:

dojo@aikido-oberursel.de
Mobile +49 (172) 86 36 101 (Klaus)
<https://aikido-oberursel.de/en>

All participants must accept the dojo's terms & conditions for seminar participation (see „Terms & Conditions“ page on our website). A printed copy is available at the venue.

Aikido Oberursel is a department of TV 1889 Weisskirchen/Ts. e.V. sports club.

We are a non-profit organisation, so all proceedings are used to cover the costs and to reimburse the teacher.