

MOVEMENT PRACTICE

Max Roessner
18 August 2018



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Workshop with Max Roessner Saturday, 18 August 2018

11.00–13.30 Movement Practice
15.00–17.30 Movement Practice

For lunch we will order from an Italian delivery service; the club house has a bar with various drinks (drinks are included in the seminar fee).

>> Please register via this link:

<https://aikido-oberursel.de/max2018en>

The workshop is aimed at anybody who wants to increase their movement options. No prior experience in a martial art or particular fitness level required.

Max Roessner has 15 years of experience in the Japanese martial art aikido. Additionally he trains capoeira and „movement practice“ based on the methods developed by Ido Portal and Joseph Bartz. From this combination new insights, exercises and movement forms emerge which broaden the regular training horizon in a complementary way. Max's goal for this workshop is to help the participants discover and enhance their individual movement options.

Location:

TV 1889 Weisskirchen/Ts. e. V.
Oberurseler Str. 16
61440 Oberursel
Germany

(ca. 20 minutes from Frankfurt)

Directions: <https://aikido-oberursel.de/en/location>

Equipment:

We practise in comfortable sports gear (long pants & long-sleeve top); please bring a change of clothes.

Registration:

Please sign up to help us plan – use the link above. (Spontaneous participation is also possible.)

Contact:

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

All participants must accept the 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.