



## **DAVID ELLARD**

### Aikido Seminar 17–19 May 2019

FRI@LLS

19.30-21.00 Aikido

SAT

10.30-12.30 Aikido

From 13.15 Lunch at nearby restaurant

16.00-18.00 Aikido

From 19.00 Partu at the doio: please contribute

food (drinks are available at the bar)

SUN

11.00-13.00 Aikido

Participants should have practised aikido for at least 3–6 months. Admission is from age 14.

No weapons required.

When David teaches Aikido he likes to focus on challenges, on tasks that require most people to leave their comfort zone, but he does it playfully and with the greatest of ease.

David has been practising Aikido for about 20 years. He is greatly influenced by the Scandinavian teachers Mouliko Halén, Jan Nevelius shihan and Jorma Lyly who taught him the great diversity and joy of aikido. He regularly practises under Endo Seishiro shihan and Christian Tissier shihan and their direct students.

David is 4th dan Aikikai and teaches at Kamo Aikido Club in Aylesbury, England. He is also a professional yoga teacher.

More information at https://www.mindandbodymovement.co.uk

# Please register via this link: https://aikido-oberursel.de/david2019



#### Locations:

FRI – gym of Landgraf-Ludwig-Schule (LLS) Rathausstraße 13 61348 Bad Homburg

SAT & SUN – club house of TV Weißkirchen (TVW) Oberurseler Straße 16 61440 Oberursel

Oberursel is ca. 20 mins from Frankfurt. Guide to both locations: https://aikido-oberursel.de/en/location

#### Accommodation:

You may drop your sleeping bag at our Weißkirchen dojo; we serve a full breakfast. The dojo also has a self-service bar that provides drinks at very affordable prices.

<u>Please register via the link above</u> and 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.