

**KARL  
RUBEN**  
20-22  
May  
2022



© aikido oberursel

# KARL RUBEN

## Aikido Seminar 20 - 22 May 2022

FRI  
19.30–21.00     Aikido

SAT  
11.00–13.00     **Bokken & Aikido**  
From 13.45     Lunch at nearby restaurant

16.00–18.00     Aikido

SUN  
11.00–13.00     **Bokken & Aikido**

Please bring your bokken.

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. From very early on Christian Tissier Shihan has been his main teacher. Some years later, Karl additionally started attending seminars with Tsuruzu Miyamoto Shihan. A lot of special inspiration comes from his Swedish teacher Jorma Lyly.

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>

Please register via this link:  
<https://aikido-oberursel.de/karl2022>

### Location:

Gym of Landgraf-Ludwig-Schule  
Rathausstraße 13  
61348 Bad Homburg

Bad Homburg is ca. 20 mins from Frankfurt. How to get there: <https://aikido-oberursel.de/en/location>

### Accommodation:

Unfortunately, it is not possible to stay overnight at the dojo this time.

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

### Participation:

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

### 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.