

# MATS AHLIN

23–25 June  
2023



@ aikido oberursel



# MATS AHLIN – the "Midsummer seminar"

## Aikido Seminar 23–25 June 2023

FRI @ Bad Homburg

**19:30–21:00 Aikido**  
From 21:45 Drinks & food at nearby pub

SAT

**10:30–12:30 Bokken & Aikido**  
From 13:15 Lunch reservations at nearby restaurant

**16.00–18.00**

**Aikido**  
From 19.00 Midsummer party at the dojo: please contribute food (drinks at our bar)

SUN

**11:00–13:00 Bokken & Aikido**

Please bring your **bokken**. (We have a limited supply that you may borrow.)

Mats began practising aikido in 1997 in Sweden with Jorma Lyly and soon after with Jan Nevelius shihan who both remain his teachers to the present day. His main influence outside of Sweden is Christian Tissier shihan, and Christian's close student Fabrice Croizé helped him to further deepen his understanding of the art.

In aikido, Mats' focus is on reducing movements to their essence of simplicity. He strives to both understand and challenge existing patterns in order to create stillness, clarity, and sharpness. For him it is important to remove the „ego“ from our practice so that we can learn to develop the right kind of „positive“ power, creating aikido that despite its sharpness remains connected and peaceful.

„Aikido has been the one thing that unites me with the most beautiful parts in myself, and having the chance to share this inspiration with other people is one of the greatest gifts in life“, says Mats.

Mats hold the 4th dan Aikikai and teaches at **Vanadis Aikidoklubb** in Stockholm.

**Registration required:**  
<https://aikido-oberursel.de/mats2023>

### 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

Bad Homburg and Oberursel are neighbouring cities, both ca. 20 mins from Frankfurt. Guide to both locations:  
<https://aikido-oberursel.de/en/location>

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

### Accommodation:

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

Unfortunately, it is not possible to sleep at the dojo.

### Contact:

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

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.