

ADAPTIVE UKEMI—AIKIDO WORKSHOP

Cat Strada, 3rd Dan

Jiai Aikido Dojo Cho & Co-Chief Instructor



JIAI AIKIDO
SUNDAY MARCH 1ST
9AM-NOON

\$35 pre-register online or by check
\$50 at the door

**All levels of martial artists welcome*
**Formal aikido uniform is optional*

- Fundamentals of Aikido Ukemi / Falling
- Adaptive / Personalized Movement
- Safety Concepts & Injury Prevention
- Training with Injuries or Obesity
- 'No Roll' Falling & Adaptations
- Personalized Focus on Attendees
- Discussion & Exploration

Learn about fundamental aikido “ukemi” (receiving with the body”), and how to adapt it to our specific bodies, limitations, abilities, and goals.

With the right attitude and adjustments for safety, one can be a great training partner, regardless of athleticism, age, weight, or experience.

Come as you are; no judgements... just adjustments!



Aikido Shimbokukai

www.sandiegoaikido.com

info@SanDiegoAikido.com

980 Buenos Ave. #1C
San Diego, CA