

kenjutsuseminar
mit Ilka Flora

KASHIMA – NO – TACHI

sword – art from kashima



march
13th/14th
2026
Luzern

Progress of kata
through the five series
Get inspired and train
the basics (suburi,
posture, positions).
Explore principles
(ma – ai & ki – musubi)
develop your know-
ledge of the sword.
Learn & refine the forms.
All Levels welcome!
Please bring
your own bokken.

friday

7 – 9pm Introduction & basics

saturday

11am – 1pm Suburi & Kumi – Tachi (Kihon/Ura)

4 – 6pm Tai – jutsu & Kumi – Tachi (Ura/Aishin)

sunday

10 – 12am Suburi & Kumi – Tachi (Jissen/Kassen)

location

Aikido Luzern
Werkhofstrasse 18, 6002 Luzern

registration

info@aikido-luzern.ch



fee

CHF 90 complete
CHF 30 per lesson