

kenjutsuseminar
mit Ilka Flora

KASHIMA — NO — TACHI

sword — art from kashima



march
13th/14th
2027
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