

AIKIDO ARTS CENTER, SANTA FE

**AIKIDO "FUNDAMENTALS" SEMINAR
WITH SENSEI WOLFGANG BAUMGARTNER, 6TH DAN**

Morihei Ueshiba, the founder of aikido, developed a martial art whose philosophy has strong meaning in current times. Aikido always seeks a peaceful resolution to conflict. Practitioners work on techniques that disarm or avoid an attack while maintaining center and dignity. Aikido helps practitioners to find the unity of body-mind, breath-spirit and creative cooperation with others. In this seminar Wolfgang Baumgartner Sensei will emphasize the centering, grounding, extending and blending, both with oneself and with one's partner.

合氣道



Wolfgang Baumgartner Sensei, 6th dan in front of the Aikido shrine in Iwama, Japan where he trained for 1 year as a live-in student.

Baumgartner Sensei has studied Aikido for 30 years under Morihiro Saito Sensei, 9th dan, the founder's closest disciple. Baumgartner Sensei is a member of the Takemusu Aikido Association (TAA), which is recognized by the World Headquarters in Japan. The association, consisting of more than 70 schools promotes the teaching of Saito Sensei and emphasizes fundamentals of empty-handed technique.

FRIDAY, 5 March 7:00 PM - 8:30 PM
SATURDAY, 6 March 10 AM – 12 PM and 3:00 PM – 5:00 PM
SUNDAY, 7 March 9:30 AM – 11:30 AM

\$85 IF PAID BEFORE 28 February
\$100 THEREAFTER

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