

Two Cranes Aikido

Aiki Sword & Staff Basics Intensive

Open to all kyu and black belt teens & students

Sunday, August 21, 2016



O Sensei used the samurai weapons of sword and staff to define and evolve the art of Aikido.
In this intensive, we will examine:

- *How to strike, parry and deflect.
- *Identify appropriate distance, timing, extension and footwork.
- *Introduce kumitachi paired practice, sword and staff takeaways.

Instructor: David Hurley Sensei, 5th Dan, began his training in 1975 at the age of 16 with Frank Doran Sensei. He has studied with Saotome Sensei, and was a senior instructor at North Bay Aikido in Santa Cruz, CA, and Chief Instructor of Seattle School of Aikido. A TCA Senior Instructor, he teaches empty hand and weapons to our teens and adults.

Fee: \$30, Preregistration encouraged, 6 min. Visitors welcome to attend