

Two Cranes Aikido

a program of Two Cranes Institute

Ukemi & Connection, part 2 Fall like a feather, fall like a leaf

Sunday, November 18, 2018
2 - 4 pm



With Glenn Leichman and Sara Gerhart Snell Senseis

Ukemi or "receiving body" is the art of receiving, absorbing, and listening with your body. We will introduce soft falling, a high fall without impact. Our intention is to help you expand the ways to respond efficiently to nage in any place, any time.

Fee: \$30
Minimum of six students required to hold class.
Pre-registration encouraged.

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