

Western Region

Aikido Seminar

2023 Schedule of Events

Friday 21 st Feb	<p><i>Friday Night – Technique in action</i></p> <p>Application of Kokikai Technique into Self-Defence situation. Presented by Mike Sinagra</p> <p>Port Bouvard Surf Club 6:30pm – 8:00pm WELCOME DINNER</p>
Saturday 22 nd Feb	<p><i>From nothing to something - 1000 throws</i></p> <p>The complete Kokikai test curriculum from 4th kyu to blackbelt in a day. Presented by Mike Sinagra and Allen Lu. Participants will see and practice every technique in the grading curriculum include the jyuwaza and randoori.</p> <p>Port Bouvard Surf Club Set-up, registration, training and grading 9:00am – 4:00pm DINNER PARTY - Presentation and Speeches</p>
Sunday 23 rd Feb	<p><i>Purifying the mind – Weapons and Misogi</i></p> <p>This is an outdoor beach class. We will do a weapons session followed by some breathing and stretching to ease the weekend's aches and pains before testing our one point with a cold dip in the Indian Ocean</p> <p>Avalon Bay Breathing, stretching, Weapons class and Misogi Coffee and croissant breakfast</p>

We are looking forward to seeing you.

To be best prepared please use the paypal option on the event webpage. Social events will have individual costs and will be paid for at the venue. Event webpage www.kokikaiwa.org/event-registration



合気道光氣会
Aikido Kokikai Australia
A.C.N 158 929 036

The Kokikai
curriculum

Delegates from all
over Australia

Demonstrations
and Dan grading
by top ranked
students

Technical
Application

Training
and
Social Events

光氣

FALCON KOKIKAI

Cobblers Road
Falcon WA6210

Registration and Fees

Cost for complete seminar - \$70
Individual sessions -\$20/session

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