

Western Region



Aikido Seminar

2024 Schedule of Events

Friday 23rd Feb	<i>Friday Night – Technique in action</i> Application of Kokikai Technique into Self-Defence situation. Presented by Mike Sinagra Port Bouvard Surf Club 6:30pm – 7:30pm WELCOME DINNER – Indian ocean sunset from the balcony
Saturday 24th Feb	<i>From nothing to something - 1000 throws</i> The complete Kokikai test curriculum techniques from 4 th 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. Set-up, registration, training and grading 9:00am – 4:00pm 30 Year Celebration Dinner DINNER PARTY - Presentation and Speeches, second party.
Sunday 25th Feb	<i>Purifying the mind – Weapons and Misogi</i> 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 Avalon Bay Breathing, stretching, Weapons class and Misogi Coffee and croissant breakfast -La Belle

We are looking forward to seeing you.

To be best prepared please pay by EFT with your surname in the comments. Social events will have individual costs and will be paid for at the venue. Event webpage www.kokikaiwa.org/event



合氣道光氣会
Aikido Kokikai Australia
A.C.N 158 929 036

Celebrate

30

**Years of Kokikai
in West Australia**

**Delegates from all
over Australia**

**Top ranked
instructors**

**Technical
Application**

**Training
and
Social Events**

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FALCON KOKIKAI

Cobblers Road
Falcon WA6210

Registration and Fees

Cost for complete seminar - \$90
Individual sessions -\$40/session