

ENMEI DOJO SPRING SEMINAR

UKEMI AND THE ART OF UKE

GUEST TEACHER: SENSEI GUY HAGEN
MAY 20-22 2011

Sensei Guy Hagen is the dojo cho (head instructor) for the University of South Florida Aikido school, and holds the Aikido rank of *yondan* (4th degree black belt) with the Aikido World Headquarters (Aikikai Hombu) in Tokyo, Japan. He is a personal student and *deshi* of Shihan Mitsugi Saotome (one of the most distinguished, and longest *uchi deshi* disciples of the Founder) and Sensei John Messores (one of the most senior instructors in the Aikido Schools of Ueshiba organization). He has been teaching and training in Aikido for over twenty-two years and in martial arts for thirty-one. He holds rank in Yoshinkai Aikido, Judo, Kendo, Shotokan Karate, Jhoon Rhee Karate, has studied Taoist Tai Chi and Lohkhubafa for over ten years, and also holds the rank of *shodan* (1st degree black belt) in Shorin-Ryu Karate.

The subject of this seminar is *ukemi*, introducing concepts of “feather-fall” breakfalls and breakfalls, non-breakfall alternatives when limited by age or health, and ways of changing your training as *uke* to maximize the learning experience of both you and your partner. The seminar may also include discussion and preparation for taking *ukemi* for *shihan*.



Enmei Dojo and affiliated schools invite everybody to come practice with us - All styles of Aikido are welcome.

Location Titusville Ballet and Jazz Center
3550 S. Washington Ave. (Searstown Mall)
Titusville, FL 32780

Date Friday May 20: 8-10pm
Saturday May 21: 10am-1230pm, 230pm-5pm
Sunday May 22: 10am-12pm

Cost \$40

Please bring a tanto, boken and jo. We will have a pizza party on Saturday right after class (included in price).

Contact 321 269 2394 or EnmeiDojo@cfl.rr.com

