

# KUMIJO SEMINAR



**APRIL 14, 2018**  
**10:00 – 15:00**

**“*Bukiwaza* training makes your Aikido strong”**

Saito Morihiro Sensei used to say. *Bukiwaza* includes *Aiki-jo*, which has at its core, the *Kumijo*. We will work on the essential characteristics –form and feel - of each of the ten *Kumijo*, and if time permits, we will review the seven older variations of the *Kumijo*. Saito Sensei also said:

**“Emphasis on body movement unifies ken, jo and taijutsu into a single Aikido.”**

**The Ten Kumijo**

**Led by Hoa  
Newens Sensei**

**Form and Feel of  
each Kumijo**

**\$55**

**(Lunch included)**

**Register now &  
pay on the day.**

**AIKIDO INSTITUTE  
DAVIS**

638 Cantrill Drive, Suite B  
Davis, CA 95618

530.297.1215

[www.aikidodavis.com](http://www.aikidodavis.com)

[dojo@aikidodavis.com](mailto:dojo@aikidodavis.com)

