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Uster West 12, 8610 Uster

Aikido Seminar with

***Patrick Cassidy 6. Dan (Aikikai)***

***Lia Suzuki 6. Dan (AKI, Aikikai)***

***Daiyu Takeda 6. Dan (AKI, Aikikai)***



19. - 21. September 2014

**Patrick Cassidy's** holistic way of teaching creates a connection between everyday life and dojo training on the mat. His vision for the art is expressed in following manner, „*Aikido is about expressing who we already are: timeless, immovable, harmonious beings with a limitless capacity to respond with life.*“ His Aikido shows a great clarity, creativity and depth, blended with his experience in meditation, yoga and tea ceremony. Patrick Cassidy is the chief instructor at Aikido Montreux (Switzerland) [www.aikidomontreux.com](http://www.aikidomontreux.com)

**Lia Suzuki** is the chief instructor at Aikido Kenkyukai (AKI) Santa Barbara, USA. Her path in Aikido began in 1982. For 9 years she trained in Kamakura, Japan with her teacher Takeda Yoshinobu Shihan, 8. Dan (AKI international) known for his highly dynamic, uniquely flowing and physically liberating aikido practice. Lia Suzuki possesses an uncanny ability to draw the attacker into her center and effortlessly redirect, either softly or with huge force. Also see [www.aksb.org](http://www.aksb.org) and [www.liasuzuki.com](http://www.liasuzuki.com)

**Daiyu Takeda** Sensei lives and teaches in Kamakura, Japan. He is known the world over for the warmth, clarity and beauty of his Aikido. His powerful, fluid movements clearly embody the contemporary teachings of his father and master Yoshinobu Takeda Shihan - Aikido, interwoven with his own joyful, dynamic and innovative style. As there is only very little written in english about him, see the following pictures for more information: [youtube.com/watch?v=IsfyRhvL\\_zs](https://www.youtube.com/watch?v=IsfyRhvL_zs)

All aikidoka are welcome irrespective of style/affiliation.  
We invite you to this exciting seminar.

**Seminar Adress**      Aikido Unlimited, Uster West 12, 8610 Uster

**Schedule**

Friday	19.00 – 22.00
Saturday	09.00 – 12.00 14.00 – 17.00
Sunday	10.00 – 14.00

**Registration**      [events@aikidounlimited.ch](mailto:events@aikidounlimited.ch)

Cost for the seminar 140 CHF / 115 € for the first 30 participants, 160 CHF / 130 € after.

Please bring your own bokken, jo and tanto.  
It is possible to stay in the dojo overnight.  
You should take care of insurance coverage yourselves.

Further information on [www.aikidounlimited.ch](http://www.aikidounlimited.ch)