

# AIKIDO — BRIDGES OF FRIENDSHIP

## Aikido online seminar

Sunday 21 February 2021

11am — 14pm (Germany)

12am — 15pm (Greece)

Zoom Meeting ID 816 3843 1541 Passcode 428249

4 women teachers 2 countries 90 years experience  
open to all

## 40' AIKI TAISO \*exercises from Anita Köhler

Ishlar Smolny (Dachoyama-Aikido)

## 20' BOKKEN

Angeliki Manta (Munshindokan Aikido Club)

## 40' INTERNAL POWER \*inspired by Anita Köhler

Ilka Flora (Kikentai.Berlin)

## 40' AIKIDO \*techniques and katas for individuals

Vasso Kantzara (Aikido School Athens)



Contact

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