

# Journey to the Heart of Aikido

## Course details

<b>When</b>	Friday 20 <sup>th</sup> June	Saturday 21 <sup>st</sup> June
<b>Course times</b>	7pm – 9pm	11am - 1pm
<b>Venue</b>	Ashmoor Sports Centre, Ashburton, Devon TQ13 7EW	

## Course teacher

<b>Linda Holiday Sensei</b>	6th Dan Aikikai Dojo Cho of Aikido of Santa Cruz Author of 'Journey to the Heart of Aikido'
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## Course Format

These will be two 2-hour Aikido classes focused on many of the ideas presented by Holiday Sensei in her recently published book 'Journey to the Heart of Aikido', which is based on the teachings of Anno Sensei (8<sup>th</sup> Dan Aikikai and direct student of O-Sensei). During the classes, she will read brief excerpts from the book to illustrate what she is teaching and would welcome questions.

For more information about Holiday Sensei and her book visit [www.journeytoaikido.com](http://www.journeytoaikido.com)

There will be opportunities (in the pub afterwards) for book-signing and informal conversation.

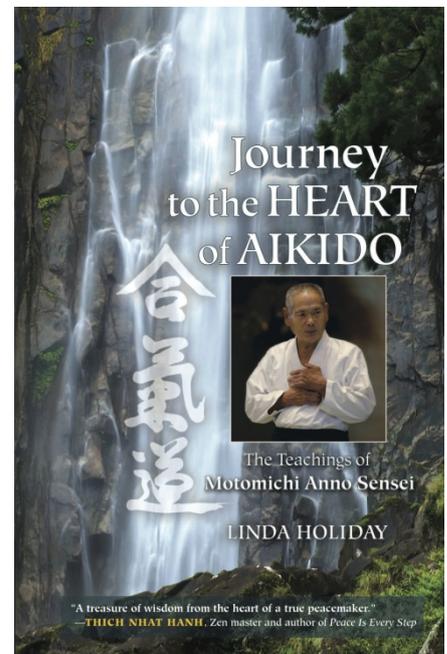
## Some comments about Journey to the Heart of Aikido

**Stan Pratin:** "A monumental work... entertaining, insightful, at times humorous, but always compelling. Over the years, Linda Holiday has become intimately acquainted with the culture of Japan to a level few foreigners attain. I wholeheartedly recommend Linda Holiday's book to every Aikido practitioner and martial arts aficionado. It will not fail to inform and inspire, and is surely destined to become a classic."

**Christian Tissier:** "Through his teachings, Anno Sensei guides us with a benevolent smile and the deepest humility to the 'heart of aikido.' His reflections on all aspects of practice are very rich and will surely answer all the questions we may ask. *Journey to the Heart of Aikido* is also a beautiful testimonial to fidelity: that of student to teacher, and teacher to O-Sensei."



Photos courtesy of Beau Saunders



## What will it cost?

The aikido course will cost £30 both sessions or £20 for one (Concessions available for students, pensioners and the unemployed).

## More information

Bring your B.A.B. licence or some other proof of martial arts insurance.

## Contact

For more information, contact Rick Smaridge  
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