



**1st International TAE Summer Camp
in Switzerland
1. - 6. August 2017
with
Lewis Bernaldo de Quiros Sensei, 6. Dan**

This intensive Aikido summer camp in the Valais, Switzerland includes early morning weapons training, meditation and taijutsu classes and is open for Aikidokas of all levels of experience, background and affiliation (Traditional Aikido Europe members as well as non members welcome). This was the venue of the famous Fiesch seminars with Morihiro Saito Sensei in 1988 and 1996, as well with his son Hitohiro Saito Sensei in 1998.

Bukiwaza and Taijutsu will both be given equal emphasis and explored from basic through intermediate to higher levels with Riai, the relationship between weapons and empty handed technique as a central theme.

Throughout, the Principles of body use (tai sabaki) and relational engagement (awase) will be strongly emphasised along with the martial aspects of kuzushi (balance breaking) and atemi (strikes) as appropriate.

From solid to flowing, from basic to more advanced, from solo work to freestyle with one or more partners, I and the Kokoro Dojo Zurich look forward to exploring these many aspects of Takemusu Aikido with you all. This is a unique opportunity to immerse in aikido practice for six days, meet old friends and make many new!



Seminar schedule:

Intensive, full dedication to training and meditation is asked for this schedule!

Tuesday

arrival from 13:00
18:00: dinner
19:00 - 21:00: class

Wednesday- Saturday

6:30 - 6:50: meditation
7:00 - 8:00: class
8:15: breakfast
10:30- 12:30: class
12:45: lunch
15:30 - 17:30: class
17:40 - 18:00: meditation
18:30: dinner
21:00 - 22:00: free training

Location:

Fiesch is a small village in the canton of Valais (1049 above sea level), in the immediate vicinity of the Aletsch Glacier – a UNESCO World Heritage Site. The SportFerien Resort Fiesch is overlooking a beautiful panorama. We will stay in a group house, limited to 60 persons. The center offers: Free access to indoor pool, climbing wall, minigolf, squash hall, beach volley, tennis, football field, skate park. Possibility to use rope park, bicycles, sauna and solarium for a reduced fee. Nature around is ideal for hiking, climbing, paragliding and river rafting.

How to get there:

by plane: nearest airport is Zurich or Milan.

by car: see google maps. from East: car shuttle train through Furka tunnel. From North: car shuttle train through Lötschberg tunnel (both approx. 27CHF per car).

by train: Fiesch Sport- + Feriencenter (stop on request) is on the panoramic ‚Glacier Express‘ route between Zermatt and St.Moritz.

by coach: we will rent a coach leaving from Zurich main station on 1.August at 2.30pm and return on 6.August by 3.30 pm directly at Zurich airport. Book your seat with your registration! Fee coach: 65 CHF return.

Sunday

6:30 - 6:50: meditation
7:00 - 8:00 class
8:30: breakfast
9:15: clean up rooms and mats
10:00 - 11:00 final class
lunch: 12:00
depart by 13:00

Thursday or Friday, according to weather: half-day hiking trip to the Eggishorn (3000m) and the Aletsch glacier.



Seminar fee:

for TAE members: 595 CHF (approx. 540 Euros)

for Non-members: 625 CHF

This includes:

Full board, accommodation in 4-bedrooms with toilet and shower

6 days of training

Free access to the sports facilities

Option for families:

If you wish to take your partner / your family along, we can organise you a room with 2, 4 or 6 beds. You will reside in the youth hostel; rooms are with toilet and shower and are cleaned daily. But reservation is needed early! Please contact us directly for detailed prices and possibilities.

Terms:

Non refundable reservation of 150 CHF per person before February 1st.

Full remaining payment before May 1st. Refunds for cancellations after this date will be made only upon the place being filled by another applicant.

Registration:

Please use our online registration form:

<http://kokorodojo.ch/summer-camp-2017/>

Contact:

Kokoro Dojo

Andrea Pfisterer, Anita Stooss and Hanspi Dietz

info@kokorodojo.ch

Venue:

SportFerienCentrum Fiesch

www.sport-ferienresort.ch/en/

