

# Week-Long Residential Aikido Intensive

at Aikido Auckland Seishinkan

16th to 22nd April 2012

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Take your aikido to another level by engaging in a whole week of intensive training under one of the few long-term *uchi-deshi* of Saito Morihiro Sensei.

With a minimum of five hours of structured training per day for seven days, and no distractions from usual concerns, you will have an opportunity to experience a level of training that is rare anywhere in the world.

Participants will live in the dojo, *uchi-deshi* style, and Alan Roberts will work closely with the group to lift their aikido to new heights. Training will cover the *riai* triad of *ken-jo-taijutsu* (sword - staff - body arts) as well as body dynamics and energy development.

Training intensively with a small group of equally keen aikidoka is an incredible experience that is a dream for many, but which few have the opportunity to experience.

The week will cost \$450 for training and accommodation. Participants will be responsible for their own meals and the care of the dojo.



**Alan Roberts**  
*5th dan, Aikikai*

is the only New Zealander to have served a long term apprenticeship with Saito Morihiro Sensei, at O-Sensei's private dojo in Iwama Japan. He trained, worked, lived, ate and slept in the dojo and was responsible for the care of the surrounding grounds and the Aiki Shrine, which is the Mecca of all aikido practitioners. He has a first hand appreciation of the benefits that intense training conditions can bring. It is this experience that he will bring to the design and running of the week-long intensive.

## Previous participants say;

The Intensive was not just a way to get a lot of training done. It was a real opportunity to seriously reassess my Aikido and figure out what I need to develop to the next level. I found Alan's tutelage engaging, perceptive and accessible. He provided a coherent framework for approaching Aikido that will enable me to make substantial improvement. ~ Adam D, Wellington

The Intensive was an enlightening experience for me. Being immersed in a 24hr Aikido environment allowed me to not only develop my technique dramatically, but also some of the discoveries I made under the teaching of Roberts Sensei forced me to rethink my whole approach to Aikido. It isn't that my goals have changed, but Alan showed us that there may be a better path to achieving them. My challenge now is to apply all I have learnt to my training back home! ~ Ben G, Christchurch

The Intensive far exceeded my expectations. While we spent considerable time going over particular techniques, Alan Sensei's approach to teaching is to communicate principles rather than how to perform a technique. These principles are subtle and profound, taking time to develop. They were introduced into our daily training and reinforced every day over the 7 days until we began to recognise their implications and effect.

I highly recommend the Intensive and feel it is a potentially life changing experience. The experience of being immersed completely in Aikido, the monastic approach to living in the Dojo without the distraction of everyday life, is an experience that is hard to put into words. The effect however, is to have been given direction and focus in my approach to my Aikido training and to my life. ~ Tony L, Wellington

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