

# Aikido kokorozashi no kai + Aikido Centrum Daruma

## Sensei Thorsten Schoo 5th Dan Seishinkai

### seminar 18-19 October in Turnhout

Intense, truly and pure was the seminar with Thorsten Schoo from SEISHINKAI AIKIDO Honbu Dojo, Frankfurt Germany during this weekend.

We started on the Saturday morning class with a special ukebune warming up. Feeling contact with the ground and opening the inside of the hips as a bowl. The effect was an intense feeling of an energy flow: from the ground through our feet to the center and from there into the whole body.

During the technical class (Irimi nage from men uchi, very interesting correlation between Tori and Uke, keeping seriousness in ukemi to the very end of the movement) sensei Schoo helped us reaching another level of martial arts using the elements of the Warming up. Feeling the ground, using the energy flowing through one's own center and give it back to the uke. He let us work in a good rhythm, constantly focusing on the quality of contact between uke and tori. How it feels, this fresh intention and the spirit of Shoshin in every moment!

Sensei Schoo talked also about the reason why to invest in seminars and in daily work...

On Sunday we did some interesting Aiki-Ken kata's and exercises in the same manner as the Aikido class. Everyone on the tatami really worked hard and joyfully to feel this relation between these interdependent parts of our practice: Aikido, Weapons, one's own space inside and outside of the body. Centering with a fresh and connected spirit...

We all enjoyed this seminar, the way sensei Schoo teaches and – not to forget - how we ended the seminar. He wanted us to sit down in a circle and invited us to give positive and negative feedback for our and his own progress.

Sensei Thorsten Schoo gave us so much advice, strong images of his Aikido to work with for the next year. Structure and feeling is no opposite but a creative correlation in Aikido.

Many thanks to Thorsten Schoo for his enthusiasm and his courage to really share.