

Bodo Rödel 4th dan aikido aikikai

20-06-09 in Turnhout – aikido centrum Daruma – Belgium

For the 6th time Sensei Bodo Rödel from Köln visited our dojo in Turnhout. His way of teaching with clear technical advice makes it easy to understand what he want us to do and learn. His biggest focus during this seminar was the way how angles and strong bodies can work in smooth movements.

Another thing he pointed out to us was how to attack and move like a natural uke. Not too fast, not in arms, but simultaneous with your hips.

We practiced techniques like kokyo nage, ikkyo, irimi nage, sword techniques and interesting application forms.

Everyone likes his way of teaching, but also his focus for each student separately. This makes him a very respectable teacher and also a gentle sensei which made this seminar unique yet again.

Until next year!

Special thanks to Sensei Bodo Rödel, his students and all the members who joined this seminar.

PS: We hope that Bodo liked the “Saint émilion Grand Cru”!