



British Aikido Association

Seminar

Hikitatigeiko for grading and competition

A workshop style seminar/course looking at ways of improving freeplay. The course will explore the differences between hikitatigeiko for grading and general practice and its use in training for competition.

The course will look at ways to improve kuzushi, combination and counters and technique within the framework of hikitatigeiko.

Saturday 25th January 2025
11.00 to 16.00 (approx.)

at
Shogun Martial Arts
Unit 2 Oyster Bay
St Augustine's Business Park
Estuary Close
Swalecliffe
Whitstable
CT5 2FF

Mat Fee: £10 (£5 concession – unwaged or student)

The course is suitable for all grades of aikidoka above 4th kyu.

Course leaders:

- **Mark Aldridge 6th Dan** (Technical Development Officer for the BAA)
- **Bob Jones 8th Dan** (Chief Executive for the BAA)

For more information or to pre-register for the course contact **Mark Aldridge**

- Mobile **07912 076 202**
- Email **aldridge@tykeaiki.co.uk**

Participants are asked to bring their record book as proof of current membership and insurance.