

Seminar
AIKIDO and AIKISHINTAISO



TOLMEZZO
(Carnia – Friuli)
Italy
April 23rd and 24th 2022

Directed by
Paolo Salvadego
8th dan
Shihan Kobayashi Ryu Aikido, Kyoshi DNBK
Professor of aikishintaiso



Dojo Yagyū, Yagyū-mura, Nara, Japan

AIKISHINTAISO

The relationship to oneself, a liberation process to be protagonists of own growth



What is Aikishintaiso? Aikishintaiso is a discipline of individual practice based on the traditional Japanese concepts of **Ai** harmony; **Ki** meaning energy; **Shin** in the sense of "kokoro", i.e. heart, in terms of emotions and feelings, which are at the interface between the body and psychic consciousness and have at the same time a material and spiritual reality; **Tai** meaning body; **So** meaning movement). It comes at least in part from the Aiki In Yo Ho, a doctrine of spiritual harmony based on yin-yang, taught in the Takeda clan in Japan, starting with Takeda Takumi No Kami Soemon (1758 - 1853). Takeda Sokaku later gave the name Aikishintaiso to his practice.

Assumptions Our individual history and the traumatic events characterizing it, begins before conception and goes back to the generations that preceded us. The body speaks to us and tells such a story: not only that which is known to us, but also and above all that which is not known to us; that to which not even our psychic subconscious has access: by inscribing itself in our body with signs at different depths, it may condition not only the good functioning of our organism but also our life, our choices, our future.

How does it work? Aikishintaiso considers the body's consciousness as the whole between psyche and the body: therefore one cannot act on one without inevitably influencing the other and vice versa. Through an innumerable series of exercises, postures, forms of walking and forms of breathing and meditation, Aikishintaiso acts by working on at least three directions: Body, Emotions and Thoughts.

What's it for? Aikishintaiso harmonizes individual history with personal aspirations and the social environment in which the individual is placed and gives the individual the means to free himself/herself from the unconscious conditioning that comes from the present and the past. The basis of our existence is energy and it is through its imbalance that these conditions are manifested. Being able to make the best use of the energy that circulates in our body means improving the formulation of thought, our acts, our creative abilities, our relationships and social interactions. In this way we will be players in our choices and not passive executors of others' impositions.

Who can practice Aikishintaiso?

Except for children and adolescents, Aikishintaiso can be practiced by everyone, regardless of their level of physical preparation. The exercises are such that even an individual who has never done physical activity can perform them more easily than someone who has always practiced sports. Thus everyone can benefit from the practice. In our School among the Aikishintaiso practitioners, in addition to students who previously had never carried out any physical activity, there are also practitioners of different martial arts, disciplines and artistic forms of body and gestural expression, such as dance and theater, as well as therapists, psychologists and psychotherapists.

AIKIDO

A martial art that teaches to fight to protect the peace

Taijutsu, Aikijo, Aikiken the 3 inseparable aspects of the practice

Aesthetics, Ethics, Efficiency the 3 aspects of Master Kobayashi Hirokazu Aikido

Identity, Alterity, Relationship the 3 aspects of psychic involvement



Taijutsu



Aikijo



Aikiken

An heritage and a teaching to be transmitted to future generations



Venue Judo Club Tolmezzo Via Giuseppe Marchi, 12 33028 Tolmezzo (UD) Italy

Schedule

SATURDAY 23rd 8:30am – 10:30am aikishintaiso
10:30am – 12:30pm aikido
3:00pm – 4:30pm aikishintaiso
4:30pm – 6:30pm aikido

SUNDAY 24th 8:30am – 10:00am aikishintaiso
10:00am – 12:30pm aikido
3:30pm – 5:30pm aikido

Fees adults Entire seminar 70 euro / All aikishintaiso classes 40 euro / All aikido classes 50 euro / Single class 25 euro.

Fees children and youth less than 18 years (just aikido classes): single aikido class 15 euro.

Note

- * Classes are open to all, even to beginners, provided that in compliance with the insurance rules and with the central and regional governments anti-Covid provisions.
- * For training it is preferable to wear a dogi or a tracksuit or comfortable clothes.
- * Aikishintaiso classes: only for adults over 18 years.
- * Please bring ken and jo. For those without, they will be provided on site.

Informations

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Lodging

<i>Albergo Roma</i>	Piazza XX settembre, 14	+39 0433 468031
<i>Albergo Al Benvenuto</i>	Via Grialba 9	+39 0433 2990
<i>Albergo La Rosa</i>	Via Paluzza 62	+39 0433 2039
<i>Albergo Diffuso Tolmezzo</i>	Piazza XX Settembre, 7	+39 0433 41613

More informations

www.aactg.it

www.aikido-kobayashi.org

www.dnbk.org

