

Seminar with Minoru "Ark" Akuzawa (Founder of Aunkai Association)



June 29 – July 1, 2018
Zurich, Switzerland

AUNKAI

DATE

Open seminar June 30, 2018 9:00-12:00 & 14:30-17:30
July 1, 2018 9:00-12:00

Private class June 29, 2018 17:00-20:00 *

* Only for returning participants familiar with the material.

CONTACT/SIGN UP

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COST

	Early-bird (by April 30, 2018)	Regular	
Open seminar	CHF 150.-	CHF 210.-	all sessions
	CHF 60.-	CHF 80.-	per session
Private class	CHF 70.-		

What is Aunkai?

The Aunkai method focuses on the fundamental principles of a martially adept body. The training develops a supple power profoundly different from the commonly understood "muscular" power. Your trained martial body then reacts intuitively to changing conditions, without dependency on set-in-stone techniques.

Training body principles over techniques makes Aunkai accessible and relevant for martial artists, athletes and bodyworkers alike. Our members' backgrounds run from Aikido, Karate, Tai Chi, to Jujitsu, Arnis, yoga, ballet or physiotherapy.





PORTRAIT OF MINORU "ARK" AKUZAWA

Born in Gunma prefecture, Japan, Akuzawa sensei started *Tai Chi* when he was 16 and the art of *Hsing-Yi* when he was 19. After successfully representing Japan in the International Sanda Tournament in the early nineties, he happened across several individuals within the Japanese *Koryu* world who placed little importance on the trappings of form and shunned the limelight. Instead they focused on the core conditioning methods necessary to create an individual expression of *Bujutsu*, rather than adhere to a set method or form.

The intensive training with these individuals caused him to re-evaluate everything he had experienced, eventually shifting his focus to the basics of *Bujutsu*. Incorporating what he had learned from his studies of both the Chinese arts and Japanese *Koryu*, he has since arrived at his own interpretations of what he has experienced and is currently furthering his studies into *Bujutsu*.

Read more about Aunkai and Akuzawa here: www.aunkai-tokyo.jp

SEMINAR LOCATION

June 30, 2018, 9:00-12:00

Gymhall of Glärnisch School
Glärnischstrasse 3, 8820 Wädenswil
(10 minutes on foot from the station)



June 30, 2018, 14:30-17:30

July 1, 2018, 9:00-12:00

Gymhall of Eidmatt School
Eidmattstrasse 15, 8820 Wädenswil
(5 minutes on foot from the station)



PRIVATE CLASS

June 29, 2018, 17:00-20:00

Iwama Aikido Zurich
Stofelstrasse 19 (basement), 8052 Zürich
(10 minutes on foot from Oerlikon Station)

