



21.5.2011

### Aikido Embukai in Jiushi Xijiao Compound

On Saturday morning we held another Embukai in Jiushi Compound basically to show local people something about Aikido. The weather was in favor to us since the temperatures were quite moderate compared to the day before and the sun was well hidden behind the clouds.

We started about 9AM with placing 5 by 6 mats on the parking lot in front of the clubhouse which is just the location where usually people pass by to get their bread for breakfast from the french bakery. The local management and the pizza bakery allowed us to place our banner across the shops windows allowing the passer bys reading our clubs name.



We had done the usual warm up as we do in normal keiko. Then we did some basic techniques from tai no henkan, followed by recalling some Ikyo and Nikyo exercising of the last weeks seminar with Irie Sensei. From time to time we had a chat with some people who stopped on their shopping way for watching for some moments our demonstrations.

Later we also did weapons practice like bokken suburi and kumintachi 1 to 3. After the demonstration of the Jo 31 Kata we came back to some basic movements since one visitor was curious to see these techniques again.



As usual after practice we had a small gathering with a few drinks at the local pizza shop for a relaxing chat.



Some people were interested and indicated that they want to come for our regular keiko and we surely will warmly welcome them.