

TARGET GROUP

The aikidokas will be given preference. The non-aikidokas can also register, but they will be on a waiting list. If not enough aikidokas register, the others will be accepted.

Previous knowledge of sumi-e and zen is not required!

NUMBER OF PARTICIPANTS

Minimum 12, maximum 30 people.

PROGRAMME

Included in the price: sumi-e teaching, aikido training, sumi-e materials, full board (zen cooking), possibility to sleep at the dojo (bring a sleeping bag!).

PRICE

120 € (Only registration for the entire seminar is allowed).

REGISTRATION

As the number of participants is limited, registration will follow the "first-come-first-serve" principle.

Aikidokas: final registration by e-mail and fee paid by bank transfer (also cancellation fee) of € 40. The rest of the sum please wire no later than June 13th.

Non-aikidokas: express your wish to register by e-mail; please do not send money and wait for the confirmation!

E-MAIL ADDRESS: Georg.Schrott (at) web.de

BANK ACCOUNT: Sparkasse Hattingen, Germany

IBAN: DE54430510400009729690, BIC: WELADED1HTG

APPLICATION DEADLINE: 20.5.2014

Organiser:

Aikidojo Bochum e. V.

Alleestraße 24 (in the backyard)

D-44793 Bochum

<http://aikido-bochum.de/> und 



Workshop SUMI-E – AIKIDO – ZEN

20.–22.6.2014

at Aikidojo Bochum

Instructors:

Beppe Mokuza Signoritti (Bodai Dojo, Alba, Italy)
and **Georg Schrott** (Aikidojo Bochum)

SUMI-E

This Japanese expression means “black ink” (sumi) and “painting” (e) and it is a form of art in which subjects and themes are painted with china ink in different shades of grey.



In sumi-e, technical perfection or talent is not necessary; anyone can learn sumi-e when one follows the spirit of one's teacher whose instructions are often based on intuition.

The basis of practical learning is direct contact with the teacher in which the participant follows examples of his work or classical models.

Genuine sumi-e is characterized by clarity and spontaneity that are transmitted directly to the viewer's perception. Thus, for an image to be "alive", all its components must be alive. Every superfluous detail is omitted, because sumi-e captures the essence of nature.

More information and evaluations in Beppe's sumi-e Homepage:

<http://www.sumi-e.it/EN/>

SUMI-E UND AIKIDO IN „DIALOGUE“

The workshop is inspired by a tradition of pre-modern Japan, where in bushido it was known as the “way of the sword and brush”. There will be It offered the opportunity to find similarities and mutual inspiration between martial arts and painting.

THE SIDE PROGRAMME

The time schedule will be very intense. In addition to meditation, painting and aikido, we will spend some time on both everyday and cultural activities. We will prepare meals with Beppe's assistant Alessandro and eat together at the dojo.

BEPPE MOKUZA SIGNORITTI

For more than 20 years Beppe has dedicated himself to sumi-e and zen meditation. He is a Soto-Zen monk and director of the Bodai Zen Dojo in Alba, Italy. His teacher is zen-master Roland Yuno Rech. Beppe shows his paintings and teaches sumi-e in many European countries; he lectures and gives courses for children, teens and adults on this subject.



GEORG SCHROTT

Schorsch has been an Aikidoka since 1972 and has more than 30 years experience as an aikido instructor. He has been influenced by various teachers: at the beginning by Werner Winkler in Tirschenreuth, followed by the teachings of Asai Sensei and many of his students, the spiritual radiance of Tada Sensei and the approaches of evolutionary aikido by Patrick Cassidy and Miles Kessler.



SCHEDULE

Friday

17.30	arrival, registration		of sumi-e
19.00	zazen – kinhin – zazen	23.00	lights out (for participants sleeping in the dojo)
20.30	dinner		
21.10	conference/demonstration		

Saturday

6.20	wake up bell (for participants sleeping in the dojo)	13.00	lunch break
		15.00	sumi-e
7.00	zazen – kinhin – zazen (sutra chanting)	17.00	aikido
		19.00	zazen
8.00	breakfast	20.15	dinner
8.30	aikido	23.00	lights out
10.00	sumi-e		

Sunday

6.20	wake up bell	10.00	sumi-e
7.00	zazen – kinhin – zazen (sutra chanting)	12.30	zazen
		13.15	lunch break, conclusion
8.00	breakfast	15.00	departure
8.30	aikido		