

PRECONDITIONS

Previous knowledge of sumi-e, aikido or zen is not required!

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

130 € (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.

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 August 28th.

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

BANK ACCOUNT: Sparkasse Hattingen, Germany

IBAN: DE54430510400009729690, BIC: WELADED1HTG



Workshop SUMI-E – AIKIDO – ZEN

September 4 – 6, 2015

at Aikidojo Bochum

Instructors:

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

APPLICATION DEADLINE: August 4th, 2015

Organiser:

Aikidojo Bochum e. V.

Alleestraße 24 (in the backyard)

D-44793 Bochum

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



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		stration of sumi-e and aikido
19.00	zazen – kinhin – zazen		
20.30	dinner	23.00	lights out (for participants sleeping in the dojo)
21.10	introduction and demon-		

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 (only for aikidokas)
		19.00	zazen
8.00	breakfast	20.15	dinner
8.30	aikido (for all participants)	23.00	lights out
10.00	sumi-e		

Sunday

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