

# Steve Baker & Alec Corper seminar



15 and 16 April 2023

*Steve Baker sensei has trained directly under Kato Shihan. He will bring a positive energy to the seminar and will show and teach the underlying principles of body movement combined with aikido techniques. Steve Baker sensei is one of the few active aikidoka with extensive and in depth knowledge of Kato Shihan's weapon forms.*

*Alec Corper Sensei has dedicated his training to the insight that Aikido is a complete martial art in the sense that the core principles of all martial arts lie hidden within it. Encouraged by the late*

*Kato Shihan and his own discoveries, Alec Corper sensei will bring his extensive knowledge about internal martial arts and will show us how to use internal power and how this power can be applied to aikido principles.*

合氣道

## **Training**

*Saturday 11.00 - 17.00 hrs*

*Sunday 10.00 - 16.00 hrs*

*Bring Jo and Bokken*

*Open to all styles*

## **Location**

*Campus 2-6, 8017 CA Zwolle  
(Judohall)*

## **Cost (incl. lunch):**

*€ 100,00 per day,*

*€ 180,00 whole seminar.*



*Subscribe and pay:*

## **Info or questions:**

*[www.suginami.nl](http://www.suginami.nl)*

*[info@suginami.nl](mailto:info@suginami.nl)*