



## **AIKI-LAB**

### **A Synthesis of True Aikido**

*Imagine... having the confidence to skilfully resolve physical or non-physical conflict without violence or victimhood. Imagine ...your interactions with others being joyous and free as you ascend to your full human potential...Imagine ... a world in which war is obsolete and conflict seen as an opportunity to improve the lives of all, instead of a struggle that creates losers as well as winners..." (Corky Quakenbush)*

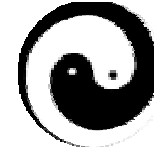
Following his spellbinding presentation last year at the University of London (Birkbeck), at the International Institute of Peace Studies and the Swiss Cottage Community Centre, Sensei Corky Quakenbush from Los Angeles (USA) is back to teach his innovative approach to Aikido - known as Aiki-Lab. His workshops are open to all - complete beginners and *aikidokas* alike.

Aiki-Lab is an innovative approach to Aikido and the result of more than thirty years of practice and research. While most forms of Aikido are taught through the repetitive emulation of stereotyped *katas*, Aiki-lab does not depend on such pre-planned techniques; its focus is on the flow of energy arising from the intentions of those involved, in order to create a space for *aiki* to manifest; in other words, its goal is to develop a presence that will allow for a centre-to-centre connection with the opponent resulting in a spontaneous, harmonious response to an attack - known as an *aiki resolution*.

Sensei Corky's innovative approach and gift for teaching, allied to an open and friendly personality, have caught the imagination of people world-wide. After just one short visit to Europe last year, there is now a considerable demand for his approach. In 2015 he is already scheduled to teach Aiki-lab in Belgium, Denmark, Finland, France, Germany, Holland, Italy, Spain, Switzerland, Sweden and of course Britain. In August, he is off to South East Asia. No doubt, the demand will grow!

 The time is now...

More about Aiki-Lab: <http://westlosangelesaikido.com>  
Aiki-Lab on YouTube: <https://www.youtube.com/user/Kakushitoride>



## **LEARN AIKI-LAB**

### **A MODERN APPROACH TO AIKIDO**

Full time and/or part-time: taught by

# **SENSEI CORKY QUAKENBUSH**

TECHNIQUE-FREE  
COMPLETE BEGINNERS WELCOME  
NON-FALL OPTIONAL

**A one week hands-on seminar**  
**29 June - 5 July 2015** - 10:00 to 17:30 hrs –  
Late starts on Thursday 2nd and Friday 3rd July – 11am and 12noon respectively

**The Highgate Library Civic & Cultural Centre**  
**Croftdown Road, London NW5 1HB**

For more information e-mail: [aikilabmasterclass@yahoo.com](mailto:aikilabmasterclass@yahoo.com)  
Registration: <http://westlosangelesaikido.com/seminars.html>  
<http://westlosangelesaikido.com/londonseminar.html>

Weekdays: 29 June to 3 July: £195  
Weekend: 4 to 5 July: £100 or £50 per day  
Half day (sampler): £25 (Monday to Friday only)

This is a non-profit making event. Concessions available depending on flights, venue rental, accommodation and other costs first being met. Numbers are limited. Please book ASAP!

.See Aiki-Lab on YouTube:

<https://www.youtube.com/user/Kakushitoride>