



# Shin Sen Dojo

PRESENTS

## AIKIDO WINTER INTENSIVE



**3 day intensive Aiki Training**  
with  
**Ken McLean Sensei**

**The principles of Aikido**

The various techniques of Aikido are really universal principles of harmonious and effective interaction. In this intensive we will explore the principles and how they relate to each other through the active and joyful practice of Aiki.

**June 12th, 13th and 14th (holiday weekend) 2021**  
**Saturday & Sunday 9am – 12pm and 4pm – 7pm**  
**Monday 10am – 1pm and 4pm – 7pm**  
**Six one hour sessions per day**

- Covers all aspects of Aiki including Ki and Bokken and Jo (Sword and Staff)
- First hour of each day is Ki training and second hour is Aikido Basic - Kihon
- There will be a shiatsu session on one of the days
- Open to everyone of all levels – beginners welcome
- Optional sunrise misogi and training at Bronte Beach on Monday

**At Shin Sen Dojo – 59A Boroia Street, Kensington**  
**\$325 or for monthly members \$305**

Ken McLean has trained in Ki, Aikido and Aiki Healing Arts for over 47 years.  
He founded Shin Sen Dojo in 1980.

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