

# Women's-Aikido-Summercamp 2021 in Kniebis (Freudenstadt, Black Forest)

July 31<sup>st</sup> – August 7<sup>th</sup> 2021

with Juta Looser-Bernard



**Juta Looser-Bernard** (5. Dan) started with Aikido with Noro Sensei, later on continued learning with Christian Tissier. Endo Sensei and Yamashima Sensei have influenced her very much, as much as Philippe Goutard and Luc Mathevet. She has been teaching Aikido since 1980 and has been running her own dojo in Manas, Southern France, for more than 20 years. In 2019, we had a wonderful Women's-Aikido-Summercamp there with Juta and Silva Tschärner as our instructors. Juta unites Aikido with ZaZen and Aiki-Taiso – a very rich and special combination!

## Training:

We'll use the very spacious and luminous multi-purpose hall in the village of Kniebis as a dojo. We can place more than 100 square meters of tatamis – so enough space for many women!

We keep our fingers crossed that the current Corona restrictions, which allow only 19 people in the dojo, will be lifted. If not, we're ready to organize training in small groups outdoors in addition to the indoor-training.

## Accommodation:

The Naturfreundehaus, which offers a splendid view, is located at about a 20 minute walk from the dojo in the midst of the Black Forest ([www.naturfreundehaus-kniebis.de](http://www.naturfreundehaus-kniebis.de)). We'll be the only guests during that time. There are 6 single rooms, 12 double rooms and four rooms for three to four women at our disposal. You can bring your own sheets and towels – or rent them on the spot for 7€. Unfortunately, pitching a tent won't be possible.

## Training schedule

We propose the following schedule, which is, of course, subject to change:

- 9.00 – 9.20 Meditation
- 9.30 – 11.00 Aikido
- 11.00 – 11.15 break
- 11.15 – 12.00 Aikido
- 12.00 – 12.15 break
- 12.15 – 12.45 Bokken and Jo
- 12.45 – 13.15 break
- 13.15 – 13.45 Aiki-Taiso (centering, grounding, relaxation, breathing)

In 2019, we already had the same training schedule in Southern France. Some of us worried that the time between breakfast and a warm lunch could be too long. But ultimately, everybody managed well since there were small snacks during breaks such as fruit etc. This will be the case this year, too.

Afternoons are free. We also receive a local guest card, which allows us to use all public transportation without cost. We would be happy if we had again as many interesting "Fifth Hours" as in previous years.

We could have one e.g. around 6/6.30 p.m.

## Duration of course

Arrival Saturday July 31, starting at noon. First joint meal around 7.30 p.m.

Departure Saturday August 7, before noon.

## **Meals**

Susanne Peschkes, whom some of you know already, will spoil us with two warm meals, vegetarian and organic.

## **Cost**

Total: 400–440€.

(Training: 150€, accommodation: 168€ (plus 35€ for a single-room), food: 100€)

There will be no charge for the hall and the tatamis – a big thank you to the Aikido-training group Freudenstadt e.V.!

We have a well-functioning system of solidarity, which allows us to reduce costs for those in need. Don't hesitate to contact us if you have special financial needs.

## **Registration**

Starting immediately via mail to Birgit and Christine: [aikidocamp@gmx.net](mailto:aikidocamp@gmx.net)

In the summer camp, we have beginners or women who haven't yet practiced Aikido for a very long time – everybody is welcome!

A down payment of a 100€ is due with registration. In case you are not able to participate and nobody else is on the waiting list 25€ are non-refundable.

Should the camp not take place because of Corona the down payment will, of course, be fully refunded.

## **Links**

Juta: [www.dojodemanas.fr](http://www.dojodemanas.fr)

Women's-Aikido-Camps: [www.women-aikido.jimdo.com](http://www.women-aikido.jimdo.com)

Accommodation: [www.naturfreundehaus-kniebis.de](http://www.naturfreundehaus-kniebis.de)

## **Any questions?**

Please don't hesitate to contact us: [aikidocamp@gmx.net](mailto:aikidocamp@gmx.net)!

We look forward to seeing you!

Birgit and Christine