

# Aikido Seminar Intention and Commitment



September 12 – 13, 2026

## Lina Olivia Gustavsson 3. Dan, Aikikai Sweden



Lina started training in 1994 and visited some of the last seminars of Saito Sensei in Denmark, which made a great impression on her. Her aikido is inspired by Lewis Bernaldo de Quiros, Takei Tomita and Pat Hendricks. For a couple of years Lina left aikido to train boxing and yoga. During this period aikido principles and approaches stayed present in her life and even kept growing in importance. Lina brings this "outside-in-perspective" to the mat and opens up areas to explore in a playful way.

*"What fascinates me is how aikido keeps enfolding the more I learn. I love how the training opens windows into everyday life and gives us handles to work with awareness, presence and balance as well as with aspects like interaction and connection in relationships."*

During the seminar we will explore intention and commitment in the uke-nage roles, focusing on the importance of atemi and connection. This will open up ways to play with stillness in movement and staying calm and flexible under pressure.

### TRAINING:

Saturday 10:00 – 13:00

14:00 – 17:00

Sunday 09:00 – 12:00

13:00 – 15:00

COSTS: CHF 100.-

### REGISTRATION:

[info@kokorodojo.ch](mailto:info@kokorodojo.ch)

### VENUE:

Kokoro Dojo Zürich

Limmattalstrasse 206

8049 Zürich

Please bring Bokken and Jo! Insurance to be organised individually.

### ACCOMODATION:

It is possible to sleep at our dojo; as far as possible we can also arrange private stays. Please indicate your wishes when registering.