



# UKEMI

Tom Krumroy, Yondan  
Aikido School of Central Ohio

This seminar will emphasize ukemi; introducing a progression of basic concepts of "feather-fall" or "soft ukemi," non-breakfall alternatives when limited by age or health, and ways of changing your training as uke to maximize the learning experience of both you and your partner.

"Tom Sensei's ukemi is amazing and graceful. He also has many useful scenarios allowing you to get into these softer, often silent, rolls!"

- Claude Geeroms, Head Instructor  
Aikido School of Central Ohio, Inc.

## **Aikido of Louisville**

10119 Production Court  
Louisville KY.

One-day seminar.

Saturday, October 10, 2015.

10:00-Noon and 2:00-4:00.

\$30 (\$15/class)

For planning purposes, please contact if you **Intend to Attend**  
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