

# Assistant Instructor “Fukushidoin” Certification Aikido Seminar

with Wolfgang Baumgartner, Shihan, 7th Dan  
TAA Certified Instructor Trainer



at **Aikido in Fredericksburg, USA**  
6155 Hickory Ridge Rd, Spotsylvania VA 22551  
**August 23 - 25, 2024**

**\$249 discounted seminar fee: incl. lunch on Saturday**  
After August 1st, \$299

**All Aikidoists are eligible to participate.**  
Call Aviv Sensei for more info at 1.540.582.9600 or  
email: [aviv@aikidoinn.com](mailto:aviv@aikidoinn.com)  
overnight accommodations available

ask about discounted rates if you are already Fukushidoin or are doing the Labor Day Seminar

## Seminar Leader

### Wolfgang Baumgartner Shihan, 7th Dan

Wolfgang Sensei is a graduate of the Aikido Institute in Oakland, California, and served as uchideshi to Saito Morihiro Shihan at the Iwama Dojo in Japan. He founded Reno Aikido Co-Op and North Lake Tahoe Aikido before moving to Berlin, Germany in 1993 to start the Aikido Berlin Karow dojo. Saito Shihan awarded him the Menkyo Kaiden (complete system teaching certificate) for aiki-weapons. Wolfgang Sensei is an accomplished Aikidoist, instructor, artist, and professional body-worker. He serves on the Ranking Committee and the Board of Directors of the Takemusu Aikido Association.

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## Seminar Schedule



### FRIDAY

7:15PM - 8:45PM

### SUNDAY

9AM-10:30AM

11AM - 12PM

### SATURDAY

8:30AM-10AM

10:30AM - 12PM

12PM- 2PM *working*

*lunch*

2:00PM - 5:00P

Bring Bokken, Jo, and an explorer's mind.

# Aikido in Fredericksburg

## Wolfgang Baumgartner 2024 Fukushima Seminar – Application/Waiver

### NON-REFUNDABLE FEE MUST ACCOMPANY REGISTRATION

Please make check payable to Aikido in Fredericksburg and mail to 6155 Hickory Ridge Road, Spotsylvania, VA 22551 before 1 August 2024, or register online. Those who want to apply for the TAA Fukushima Certification must pay the \$53 Certificate Fee to the TAA and submit a completed application at the end of the seminar.

Name \_\_\_\_\_ Contact Telephone \_\_\_\_\_

Address \_\_\_\_\_ City, State \_\_\_\_\_

Zip \_\_\_\_\_ Aikido Rank \_\_\_\_\_ Fukushima # (if applicable) \_\_\_\_\_

Home Dojo \_\_\_\_\_ Email Address \_\_\_\_\_

How did you learn about the Seminar? \_\_\_\_\_

Do you have any health limitations that would affect your ability to practice Aikido? \_\_\_\_\_

\_\_\_\_\_

Contact Person and Phone In Case of Emergency: \_\_\_\_\_

\_\_\_\_\_

Amount Enclosed (\$249 for pre-registration by 3/14, \$299 thereafter (space available basis): \_\_\_\_\_

Do you need assistance with overnight or local travel accommodations? \_\_\_\_\_

Where do you plan on staying? \_\_\_\_\_

### READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned guest of AIKIDO IN FREDERICKSBURG and Wolfgang Baumgartner (hereafter called “Schools”), acknowledge that I am applying for instruction in a martial art involving strenuous exercise, personal body contact, pins, and falls. I acknowledge that any insurance that the Schools may carry may not cover injury to its students. As a condition to being admitted to the seminar and related events, I assume the risk of all injury and do hereby hold Schools, its lessors, instructor, employees, volunteers, and agents harmless from any and all liability (including attorney’s fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Aikido, any variation thereof, or associated therewith, whether occurring on the premises of the Schools or elsewhere.

I agree that the health, welfare, and safety of all students, members, and instructors of the Schools are of paramount importance. I certify that there is no medical reason to preclude me from training. I certify that, other than as stated above, I do not have a communicable, contagious, or other health condition that poses a medically-recognized or dangerous risk of harm to other students, members, or instructors of the School.

I agree to abide by the rules of the Schools and to follow all instructions given by instructors. I understand that (a) training is a privilege, (b) that the Schools may refuse to provide instruction or membership to any person at any time, and (c) fees paid are not refundable. I agree to receive communications as appropriate at the above addresses from Schools and I agree that the School may use any photographic images of me taken at the seminar.

Date \_\_\_\_\_

Signature \_\_\_\_\_

# Takemusu Aikido Association Fukushidoin Certification Course

## Objective

Upon satisfactory completion of this course, students will have acquired the essential knowledge and information and core minimum skills to become effective assistant-instructors of Aikido. Note that in addition to completion of this course, there are training and teaching experience requirements to complete the TAA Fukushidoin certification.

## Pre-requisites

1. Aikido Yudansha with relevant experience.
2. Knowledge of basic information about Aikido and the TAA.
3. Proficiency in basic taijutsu and bukiwaza.

## Target

This course focuses on the needs of an assistant-instructor who has some light teaching responsibility in a dojo, under the supervision of a Chief Instructor.

## Format

The course includes a combination of 10 hours of mat work and 2 hours of lecture/discussion. Students' interaction with the instructor is encouraged.

Mat work includes:

- Identify and work on physical and energetic components of each technique
- Explore strengths and weaknesses of each technique
- Work on best way to present techniques to facilitate assimilation

Each student will be provided with a binder containing essential information that can be used for note-taking.

## Satisfactory Completion

A student must attend and actively participate in all classes to complete the course satisfactorily. Upon satisfactory completion the Course Instructor will sign off the relevant sections on the TAA Fukushidoin Application and Checklist.

# Course Syllabus

Subject Area	Duration (minutes)
1) TAA Instructor Certification Program	10
2) Fukushidojin - Role and responsibilities	10
3) Background on Aikido and Iwama	20
a) O Sensei's life	
b) Historical development of Aikido	
c) The major branches of Aikido	
d) Saito Morihiro Shihan and Iwama	
e) Present-day Ibaraki	
4) Takemusu Aikido Association	30
a) Background & organization	
b) Goals & vision	
c) Administrative matters	
d) Ranking policy and guidelines	
5) Requisites for instructors	60
a) Dedication to the dissemination of Aikido	
b) Technical proficiency	
c) Code of conduct & Ethics	
6) Technical Curriculum – Basic	
a) Basic Taijutsu	
i) Tai no henko	20
ii) Morotedori kokyūho	20
iii) Kokyū dosa	20
iv) Ikkyō	30
v) Nikyō	30
vi) Sankyō	30
vii) Yonkyō	30
viii) Iriminage	30
ix) Shihonage	30
x) Kotegaeshi	30
xi) Koshinage	30
xii) Kokyunage	40
xiii) Ushirowaza	40
b) Basic Bukiwaza	
i) Ken suburi	30
ii) Jo suburi	60
iii) Ken awase	30
iv) Jo awase	30
7) Teaching presentation	60
TOTAL TIME	approx. 700