

# CORKY QUAKENBUSH

## A MODERN APPROACH TO PEACEFUL BEING

- **Imagine** having the confidence to skilfully resolve any conflict without violence or victimhood
- **Imagine** seeing conflict as an opportunity to unite in finding the solution that benefits all
- **Imagine** your interactions with others being joyous and free
- **imagine** true Freedom !

The good news is Sensei Corky Quakenbush (from Los Angeles/USA) is back in London to teach his unique method - at the Highgate Civic and Cultural Centre, from the 1<sup>st</sup> to the 3<sup>rd</sup> of July 2016. Details as above.

Corky, is the mastermind of a groundbreaking approach to Takemusu Aikido known as AikiLab. A YouTube sensation. His re-invention of the Art - the result of more than thirty years of practice and research - his unique gift for teaching, allied to a friendly and open personality, has led to a growing demand for his teaching world-wide.

In these hands-on presentations, you will understand how certain intentional moves or *connections*, that channel beneficent intention towards an opponent, lead to a harmonious and harmless resolution of an attack. No Aikido technique, throw, fall or force is strictly necessary!

Whereas most forms of Aikido are taught through the repetitive emulation of stereotyped *katas* or techniques, throws and falls, AikiLab does not rely on such pre-planning. Its main focus is on the flow of energy arising from the intentions of those involved; in order to develop a presence capable to establish a positive mind connection with an opponent that will lead to a spontaneous, harmless response to an attack - known as an *aiki resolution*.

Seeing is believing ...