



*"Imagine ...a world in which war is obsolete and conflict seen as an opportunity to improve the lives of all, instead of a struggle that creates losers as well as winners..."*

*Join us for an evening with*  
**Corky Quakenbush**  
on **Friday 1st June 2018**

from 6.30pm for 7pm to 9:30pm at **Highgate Library Civic & Cultural Centre, Croftdown Road, London NW5 1HB** • Admission: £25

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**Sensei Corky Quakenbush** (Los Angeles) is back in London to teach his unique Aiki-Lab method - at the Highgate Civic and Cultural Centre for one evening only! He is the mastermind of the ground-breaking approach to **Takemusu Aikido** known as **Aiki-Lab** - see YouTube: <https://www.youtube.com/user/Kakushitoride>

Corky's 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.

Whereas most forms of Aikido are taught through the repetitive emulation of katas or techniques, Corky's Aiki does not rely on such stereotypes. Its main focus is on the flow of energy arising from the intentions of those involved. In this hands-on presentation, you will understand how certain intentional moves, which channel beneficent intention towards an opponent, often lead to a safe and harmonious resolution of an attack. No Aikido technique, throw, fall or force is strictly necessary!

Please wear casual, comfortable clothing. **Beginners are especially welcome!**

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*This is a non-profit making event. Concessions may be available depending on flights, venue rental, accommodation and other costs first being met. Numbers are limited. Please book ASAP by emailing [admin@pathwaysnetwork.co.uk](mailto:admin@pathwaysnetwork.co.uk)*

