

## Featured Dojo-cho, December 2017



### **Henning Inselmann**

Takemusu Aikido Tübingen, Tübingen, Germany  
Division 1

I began my Aikido journey in 1977 after 3 years of judo and ju-jitsu training. I trained Aikido up to 2<sup>nd</sup> Dan level under Edmund Kern in Nuremberg, a student of Andre Nocquet in France. In 1987 I travelled with Kern Sensei to Japan and spent a year there as uchi deshi under Morihiro Saito Sensei. I travelled there 10 subsequent times until 2003; each time for a duration of 3-6 weeks. In 1990 I founded the Takemusu Aikido Dojo in Tuebingen, Germany, and was graded at 5<sup>th</sup> Dan in 2005.

My most important meeting: Spending one month with Pat Hendricks Sensei in San Leandro as uchi deshi in 1994; numerous seminars in Germany, and other parts of Europe, including those of Lewis Bernaldo de Quiros Sensei.

My interpretation of Aikido: Respecting and valuing human life and putting this into practice.

Technical goals: No use of strength or force within or towards others.

My favourite Aikido book: "Der Weg des Aikido", by Andre Nocquet.

### **My Most Memorable Aikido Experience**

Being uke for Saito Sensei: his inexplicably magical ability to guide my attack with no use of force whatsoever! In addition, spending time with Hendricks Sensei and experiencing both her unique ability to teach, and the true humanity in her interpretation of Aikido.