



**SANSUIKAI •**

**SEMINAR**

**2014**



## Get to know all of the Sansuikai seminar teachers

“ The goal of Sansuikai is to  
encourage friendship among  
the members and spread  
the practice and teaching  
of Aikido. ”

– Y.Yamada Shihan

-  **PETER** VAN MARCKE
-  **JISCH** SCHEUREN
-  **SILVIA** ESCHENLAUER
-  **EDO & ANNE** SLUI
-  **JESUS** NORIEGA
-  **DIEGO** LOPEZ
-  **AZIZ** BELHASSANE
-  **PIOTR** BURNOS
-  **LARBI** EL AKEL
-  **ROBERTO** BOLLERO





The name of my dojo is Antwerpen Aikikai. We named our dojo Antwerpen Aikikai, by analogy with the New York Aikikai, the dojo of Yamada sensei.

#### What is your favourite role?

As a young kid I loved to take ukemi for my teachers. However, as I grew older, I've met many younger people who are doing great ukemi and it's fun demonstrating techniques with them.

#### Best tip from Sensei Yamada

I've been lucky to have great teachers who gave great advice but I don't really have one favourite tip ;-). Let's mention one tip from Sugano sensei: Don't only practice what you see, but also what you don't see.

#### How did you become a teacher

It's not something I planned. I practiced aikido for about 10 years and one day a dojo that was looking for a new teacher ask me to teach. That's how it began. That was around 1986 I think. I enjoyed

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teaching and some time later I started my own dojo in Aalst. Later I moved near Antwerp and started a new dojo there. We named the new dojo Shu Shin Kan. In 2012 we changed its name to Antwerpen Aikikai.

#### How long do you have your dojo

Well, I'm practicing aikido for 37 years and I'm teaching aikido for 27 years now. I taught at several dojo's. At my current dojo I'm teaching for 14 years now.

#### What was a highlight in your Aikido career

I have many great things to remember about my aikido career. A special time was my first visit to the New York Aikikai in 1988. I had just finished university and I went to practice aikido at the New York Aikikai for 5 weeks. It was an

eye-opener about how to run a dojo. I definitely got a lot of ideas there about running a dojo in Belgium. Another great time was a trip to Japan with Yamada sensei, back in 1994. And of course, apart of the good practice, Yamada sensei's jokes make it fun to take his classes.

#### What is your favourite seminar

Again, so many... I liked the Wégimont summer camp in Belgium during the 1980's and 1990's, when we practiced under a tent outside. In the early years we even had morning practice before breakfast. Another seminar I liked very much was La Colle-sur-Loup in France, end of August. For many years Tamura sensei and Yamada sensei taught this seminar together. When I first went to this seminar, in 1987, it still lasted a fortnight. During the first week Yamada sensei taught. During the second week, Tamura sensei joined him. Later, this seminar became a one-week seminar.



#### Dojo information

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#### Aikido classes on:

Adults: Monday,  
Thursday, Saturday

Kids: Monday,  
Thursday, Saturday

#### FAVORITE YOUTUBE VIDEO







My Aikido has mostly been influenced by Sensei N. Tamura and by Y. Yamada Sensei, which I met some 30 years ago for the first time. I deeply appreciate the teaching of S. Yamaguchi Shihan and K. Chiba Sensei. I had the chance to follow Yamada Sensei closely during a lot of summers.

#### What is your favourite role?

In the beginning I liked to take uke-mi especially from Sensei in all his seminars and I learned a lot from that part. Later on the tori role became my favourite one because I had to be clear about the structure and the flow of the techniques.

#### Best tip from sensei Yamada?

Yamada Sensei told me as a young teacher about how to give a class: depends on the opening movement. Tamura Sensei once told me that you have to stand firm in difficult situations so that you overcome them.

#### How did you become a teacher?

I was teaching kids in the beginning, and then replaced the main teacher more and more often before I decided to create our own

You need to enter under the cutting sword where you are in danger of death in order to find life.

dojo. I was unhappy with the quality of the aikido being taught where I was.

#### How long do you have your dojo?

Our dojo is now 25 years old.

#### What was a highlight in your Aikido career?

The highlight was for sure the seminar we had in our dojo with both Tamura Sensei and Yamada Sensei in April 2000 to celebrate our 10th anniversary. But I think that the 40th anniversary seminar of the New York Aikikai in the US was the best seminar I ever attended with all these Shihans teaching. Imagine 1'000 people under one tent at the party and only very few Europeans. Good memories about the 1998 and 2001 east coast summer camps.

#### What is your favourite seminar?

My best seminar remains the Bernau am Chiemsee seminar. This has been Sensei's main seminar since 1998 in Europe. The atmosphere of the seminar reminds me of the first week of the La Colle-sur-Loup seminar where Sensei used to be alone teaching. Of course I miss Tamura Sensei's seminars.

#### What is your favourite weapon?

Definitely bokken because of the kiriotoshi which you need to understand irimi. Also 8 cuts, the hand positions which are to be used in aikido techniques. Use the body and the bokken together. S.Yamaguchi Sensei said: you need to enter under the cutting sword where you are in danger of death in order to find life.



AIKIDO KOPSTAL - BRIDEL

#### Dojo informatio

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#### Aikido classes on:

Adults: Monday, Wednesday, Thursday.

#### FAVORITE YOUTUBE VIDEO







The name of our dojo is Senshi Aikikai. We offer Aikido classes in US military facilities, so we cater to military personnel and their dependents hence the name Senshi which means warrior in Japanese.

**What is your favourite role in Aikido?**

It depends. As uke, I did most of my learning by taking ukemi for many people. Early in my training, I realized that in order to learn the most specific details about a technique was to feel it being performed on me. Not so enjoyable when it came to nikkyos, sankyos, and yonkyos. I also enjoy nague or tori, since at that time I can see and feel how uke responds to my movement, and see what do I need to adjust in order to perform a technique properly. Every uke is different. For fun, I enjoy both equally, specially when it's time for high falls!

**Best tip from sensei Yamada**

Always block the Shomen!

**How did you become a teacher?**

Well...after I got my shodan in the

I was just a beginner, but I still remember it as a dream.

US, I went back to Lima, Peru and started teaching at the dojo where I first started aikido. Then, moved to Florida and also taught there twice a week early morning classes 6:30am. In the evenings, I taught at a satellite dojo I started for Florida Aikikai at a local university.

**How long do you have your dojo?**

I founded Senshi aikikai 2 years ago. I was always lucky to find a place to practice and teach everywhere I moved, but this time it was just different. And that is how Senshi Aikikai was born.

**What is a highlight in your Aikido career?**

I think the first seminar I attended, doshu Kisshomaru Ueshiba in São Paulo, Brasil. I was just a beginner, but I still remember it as a dream. I was so young, had travelled to

another country for the first time, seeing hundreds of people on the mat, and just seeing him his uke, Osawa Sensei around was quite a memorable experience.

**What is your favourite seminar?**

Definitely, the seminars where you practice 5 to more hours straight, what I call "Marathon Seminars". It's ok to take 10 minutes brake in between classes. The feeling is exhilarating!

**What is your favourite weapon?**

Each one has its different charm. I love the bokken since it is so significant in the way we move in aikido, but the Jo at the same time provides us with the fine motor skills in the hands that are required to do and understand the more advanced techniques. Tanto is a lot of fun! I guess I am bias towards the bokken because I like iaido.



**Dojo information**

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**Aikido classes on:**

Adults: Tuesday, Thursday  
Kids: Wednesday

**FAVORITE YOUTUBE VIDEO**







The name of our dojo is Ando and comes from An(ne) and (E)do. Later we heard that the Japanese translation of 'Ando' means: Peaceful Way. Our Aikido has mostly been influenced by Christian Tissier shihan and Yoshimitsu Yamada shihan. Both great examples of Aikido professionals.

#### What is your favourite role?

A: I think the uke part is the most important one, because you learn how to move the most. But I prefer Tori.

E: If I have to choose I like the Uke part, because it stimulates all your senses when you attack. You'll always have to prepare as an uke for a counter move, things can change in the blink of an eye.

#### Best Tip from sensei?

A: I don't want my students to become a copy of me.

E: Every teacher should have a teacher.

#### How did you become a teacher?

A: How much space do you have? Haha..

E: Short version is that we helped our parents out when they were asked by to help out a childrens

I  
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organisation by showing them around in their business. Marketing & Health care are boring so they asked us to teach Aikido just for that day.

A: While we were teaching our parents talked to the kids parents and heard stories about what their kids had gone through at school being bullied. At the end of the day there were a lot of parents asking if there was an Aikido dojo nearby so they can attend class.

E: Since Aikido is not the same as other martial arts, we decided to start our own dojo under supervision of Christian Tissier shihan.

A: One thing led to another and in two weeks adults joined in and everything became more serious.

We were amazed by how people were okay with our age!

E: We were 14 and 16 years old!

#### How long do you have your dojo?

A: We teach for 11 years now.

E: Our first dojo was in Veldhoven, it was a Judo and Jujitsu dojo, where we could use the tatami from since we also had practiced with the same teacher.

#### What was a highlight in your Aikido career?

E: Definitely when Yamada sensei came to our dojo at our 10th anniversary!

A: Yes, this was a small but very intimidating seminar, which made it really great. Even the biggest seminar will not overrule that one.

#### What's your favourite seminar?

A: Definitely USAF summercamp. There is no summercamp with that many different teachers and Aikido hours you can have anywhere else in the world.

E: Sansuikai aikido-marathon ofcourse! Haha..

#### Whats your favourite weapon?

A: Jo, because you can play more with it on both sides. I like single kata's because you can practice them by yourself in your own garden.

E: Tanto, because it makes you aware of your partner more than usual. This also brings the martial element in the technique.



#### Dojo information

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#### Aikido classes on:

Monday, Wednesday,  
Friday, Sunday

#### FAVORITE YOUTUBE VIDEO







Shoshin means “Beginner’s mind” or “Back to the Beginning”.  
Big words in martial arts because this is the key to success.

#### When did you become a teacher?

When I moved from Venezuela to Spain (Madrid) in 2006

#### How long do you have your dojo?

When I moved to Spain in 2007 I was training in some dojos other organizations because there where no students of Yamada sensei in Madrid, because of that and with the support of Michelle Feilen and Manolo Garcia sensei, I decide to found Shoshin dojo spain 2008. After two hard years the dojo finally started to grow and currently the dojo continuous operation with more than 25 students where the only goal and practice aikido, learn every day more this wonderful martial art but mostly travel or constantly follow Yamada Sensei teaching, Many of the advanced students currently following Sensei have traveled throughout Europe, Latin America and this year will become ushi deshi in new york aikikai.

“Always work with harmony.”  
That’s the best way to do it.

#### What is your favourite role?

Well maybe ten years ago uke was my favorite part, but now I’m getting old and those time my only worry was to be uke of any teacher and any seminar and fly and fly.. haha. But to be honest right now is tori because travel around the world, training with different kind of people is always a test for my aikido as tori. That’s why now what I’m trying everyday to learn and keep doing and doing. I guess this is the way of aikido when we start being worried about fall and roll, then receive a good iriminage or nikkyo and finally the most important to be a good tori. That’s why right now this is my favourite role.

#### What was a highlight in your Aikido career?

This question is a little early for me because if I lived important moments in my aikido career ??... I’m still too young to talk about my

experiences in aikido, of course I could mention a couple of important moments, like being able to start aikido in a small town of Venezuela with very few resources and now I am chief instructor of aikido dojo in a big country and big city like Spain-Madrid and of course I follow Yamada sensei around the world and been his student and share with him, etc.. That’s my great HIGHLIGHTS, the second most important thing for me is having so committed and great students, traveling, sharing with me, and always to continue learning from Yamada sensei teaching... what can I say... I’m a lucky guy...

#### Best Tip from sensei Yamada?

“Always work with Harmony”  
That’s the best way to do it.

#### What is your favourite seminar?

Well for me of course Barcelona and Mallorca, because Sensei is always happy, the seminar organization is amazing... always a good energy on this seminar. I really like it.

#### Were you nervous for your shodan test?

Of course I was nervous because ten years ago was way different from now. To shodan you have to train at least for 6-7 years then.



#### Dojo information

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#### Aikido classes on:

Adults: Tuesday, Thursday,  
Saturday morning.

#### FAVORITE YOUTUBE VIDEO







The name of me dojo in Valencia (Spain) is Hikari, the Japanese translation is: Light. That lights the way of harmony and energy. Our Aikido has mostly been influenced by Yoshimitsu Yamada Shihan and Donovan Waite Shihan. Both great examples of Aikido professionals.

**What is your favourite role?**

I think the Uke part is the most important to practice. It is necessary to attack sincerely so you can save your body, you need a very good ukemi for this. I like making ukemi too much.

**Best tip from sensei Yamada?**

Humility, patience and practice. I learn a lot when I teach, but what I like is the practice. Never stop training must always practice. Donovan Waite always says: Aikido is practice, practice and then more practice. It's my motto.

**How long do you have your dojo?**

It's a young dojo, later this year will be five years old. Our 5th anniversary. It's a newly born yet!

**Some highlights in your career?**

When I go to Yamada Seminars is

Aikido  
is  
practice,  
practice  
and  
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practice.  
It's my  
motto.

very important to me. But definitely was very special to me when I was in New York Aikikai as a Uchi Deshi for two months last year. There are very good teachers in NY Aikikai with an active and physical Aikido practice based on good understanding of the Aikido techniques and martial concepts. I'll remember forever, were two very intense months, a lot of practice every day, with over five hours of class on the day, every day. Always be grateful to Yamada Sensei. I would like to return soon to NY Aikikai.

**What is your favourite weapon?**

Tanto and bokken, in that order. I think that makes you aware of space and distance, two very important concepts in the movements of Aikido techniques.

**What is Aikido for you?**

It's my passion...My life. I think that

Aikido is a path of personal growth, inner growth through constant and sincere practice. A commitment to yourself to learn about our own fears and weaknesses. We practice as we are, so our Aikido changes from moment to moment as the life.

**Have you been to Japan?**

No; That's something I have in mind. I do not know when I could go, I hope it's soon.

**On what way does Aikido influence your life outside the dojo?**

Aikido is a very important part of my life. The attitude is very important inside the dojo and that influences outside the dojo. In the dojo an attack is a problem and you have to learn to solve it, life is full of attacks, as in Aikido.

**Can you eat white chopsticks?**

Yes...I Think...hahaha



**Dojo information**

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**Aikido classes on:**

Adults: Tuesday,  
Thursday, Saturday

**FAVORITE YOUTUBE VIDEO**







The name of our Dojo 'Kiryoku aiki dojo' means Ki; energy associated with the will, the perseverance and the vitality!

**Could you please elaborate on how you became interested in Aikido?**

I was around 10 years old when I started practicing Aikido. Not the biggest youngster, I was determined and a bit of a rebel. Being sometimes the subject of bullying, I found a whole host of techniques to defend myself.

My family was rather sports oriented, with brothers who practiced Judo and Karate, but I chose Aikido to make the difference.

Using the other person's force to impose myself, turned out to be a very efficient way for self defence in the area where I grew up.

Quickly thereafter, Aikido helped me to control my emotions and thereby opened the path for me in my life.

**You advanced rather quickly in the world of Aikido. Which were the events that marked you the most?**

Between 10 and 18 years old I prac-

In France Aikido became the 'engine' of my life.

ticed in Morocco. At that time there were only two dojo's in the whole of Morocco. Whenever possible we followed the teachings of Nakazono Sensei and Tamura Sensei. It is really my interest in Aikido which opened the way for me towards Europe and France in particular. At that time France was Aikido: with Tamura Sensei, Noro Sensei and Nocquet Sensei. At the tender age of 18, I left for France for one month of Aikido practice, not knowing that I would be leaving Morocco for a long long time!!

In France Aikido became the 'engine' of my life.

After France, it was Belgium who opened its heart to me. Many people whom I've met through international Aikido sessions supported me, invited me, and gave me the strength to continue, admiring, as they said, my determination to succeed.

**How do you see the future of Aikido?**

AB: I will continue to practice at the Hombu Dojo, and on the international scene, because that fuels the progression of our Aikido practice, keeps our minds open, and federates all the different nations around Aikido.

My focus will be to continue the federation of all, through my club and anyone who wants to follow, for an Aikido in friendship, harmony, humility, authenticity and respect.

I envisage practicing in Japan with my students, thereby they learn and integrate the culture in their practice – an additional dimension.

I will continue to favor 'the doing' rather than 'the talking'. I am convinced that fundamentally Aikido is training, the presence on the tatami, the PRACTICE.

**What is one of last better events?**

Our membership to Sansuikaï and the visit to Hombu Dojo with Sensei last month!



**Dojo information**

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**Aikido classes on:**

Adults: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday

Kids: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday

**FAVORITE YOUTUBE VIDEO**







In the context of aikido, the term ‘Musubi’ means a connection or relationship between aikido students. Thus our school is open to everyone interested in this Japanese martial art, and connects people through common practice on the mat and meetings outside the dojo.

#### What is your favourite role?

Since aikido is about energy blending, whether you are uke or nage, teacher or student until You are a part of the same movement. No matter the role, you are involved in the same concept called ‘musubi’. I’m trying to teach my student this way.

#### How did you become a teacher?

When I was 2nd, and then 1st kyu my first teacher Dariusz Zieba started asking me to teach classes, time to time. I didn’t even realize when people recognized me as an assistant instructor. Few years later in 2003 I decided to open my own dojo in Chrzanow. People started to call me Sensei despite the fact that I did not think about myself this way. I just wanted to pass the knowledge I learned in those early

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days. I recognize teaching as a part of my practicing because teaching and practicing are two sides of the same coin. So I believe to be a good teacher, also means to be a good student. And above all You have to listen to your students and respect their individuality. This is something I have learned from Shihan Yoshimitsu Yamada. Some important notes about teaching I also learned from Shihan Richard Stickles, who is my teacher’s teacher. That is why I called him aiki-grandfather.

#### How long do you have your dojo?

I founded Musubi Dojo Aikido Chrzanow in 2003. The early days were a difficult period for the dojo – this was linked to the need to propagate aikido in the Chrzanow district.

#### Some highlights in your career?

For me aikido practice is a tedious process that requires patience. Everything that came to me was a consequence of my work on tatami. So from that point of view there were no highlights. But of course there were some small turning points. In the year 2001, when Yamada Sensei was in Cracow, he gave me his business card and said ‘come to NY’. Three years later I came to NY Aikikai for the first time, and became uchi-deshi. I’ve been coming there every year since then. I also remember my first aikido class and impression of my first teacher Sensei Dariusz Zieba. Maybe that is why for first two years I skipped only one class

#### What is your favourite seminar?

Bernau summer camp is one of my favorite! Everything is balanced there: from training with Yamada Sensei and other teachers to spending time with friends and enjoy beauty of Bavaria (and beer –sic!). I also like seminar in my native city Cracow, where I could spend more time close to Yamada Sensei than during any other seminars in Europe.

#### Best tip from sensei Yamada?

“Do things right and do them right away”. But also “Respect Your students”.



#### Dojo information

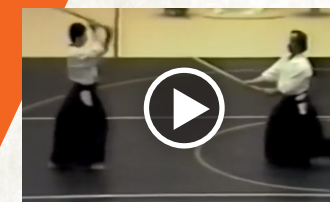
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#### Aikido classes on:

Adults: Tuesday,  
Thursday, Friday

Kids: Monday, Thursday

#### FAVORITE YOUTUBE VIDEO







The name of my dojo dates back to 1992. Sugano Sensei inspired himself from my strong will to learn aikido and he suggested “Rem Bu”, meaning “learning by hardworking, doing your best”. I was afraid that this would become “Rambo” and I asked Sensei Sugano to use “Rem Aiki Dojo” instead. He really laughed and agreed but added: “I hope that you will have the right answer to all the “Rambos” coming with their big muscles in your dojo!”.

#### How did you start aikido?

I started kungfu when I was 16 and discovered aikido four years later in 1979 with Jean Byloos, Georges Rousseau and then Aziz Belhasane, whom I helped as assistant for adults and children. I became Yudansha in 1986 and opened my dojo in Woluwe in 1988. So far, 35 years of practice.

#### Which sensei have influenced you most?

Many of them, but mostly Tamura Sensei and Sugano Sensei. Sugano Sensei lived in Belgium and I had the chance to practice with him. Our dojo created the “Stage123W” especially for him and he used to teach every year until he passed away. We have now revived this seminar (now called “Memorial

Train  
with a  
good  
sense  
of  
humor,  
and also  
give  
and  
share.

Sugano”) thanks to Yamada Sensei, who became our technical director. We have decided to join his Sansuikai group in 2012.

#### You are a professional in aikido, why this choice?

I could speak about “love at first sight”. I could feel that communication, sharing, teaching was my path. I had reduced my work part-time, and in 2000 I decided to quit my job of industrial drawer to make aikido my profession. I have kids, adolescents and adult classes, around 150 kids and 50 adults.

#### Some highlights in your career?

I also teach autistic children in schools, and some of them are integrated in the usual groups or attend the children usual holiday seminars.

Dealing with these children is a real challenge but also enriching from a human point of view. Another highlight is my first visit in the Hombu Dojo recently. I had the chance to meet the Doshu and Waka Sensei who impressed me both. I could practice with Sampai and other ancients of the dojo and noted their humility, their generosity and their simple happiness to practice. As for chocolate, “you have to taste to see if you like it or not”. I have tried the Hombu Dojo, and I am ready to go back again, as soon as possible !

#### What is your favourite weapon?

I like all weapons because they are for me the reasons and the explanations of the basic techniques in aikido. Timing is much clearer on a shomen attack with a boken in hand. Moves are clearer. Gokkyo is very relevant with a tanto. Using arms is important in aikido.

#### Best tip from sensei Yamada?

Sensei taught me that one should not worry about politics and ego, what is important is to train with a good sense of humor and to give and also share. This is also my philosophy.

#### What is your favourite seminar?

Our “Stage123W” seminar organized every year where we can meet people from all over the world and from all aikido school. This is very enriching and rewarding.



#### Dojo information

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#### Aikido classes on:

Adults: Monday, Tuesday,  
Thursday, Saturday

Kids: Tuesday, Wednesday,  
Thursday, Friday, Saturday

#### FAVORITE YOUTUBE VIDEO







I opened a few dojos in Italy (Rome, Sardegna, Tuscany), right now I am teaching in two dojos under my own one, “Washi”, under Sansuikai, Yamada Sensei. The name Washi that means Eagle is because I have been a pilot for my former job.

**What is your favourite role in Aikido?**

so after many years there is not a role on the mat you just share your experience and if you pay attention, you learn from a beginner. In other words stay on the mat.

**How long do you have your dojo?**

I started to have the first dojo in 1984 in Rome, then seeds in many places, last one about a year.

**What are the highlights in Aikido for you?**

The most important has been when I met Yamada Sensei in NY then Tamura Sensei and the Aikido people from all over the world. Aikido is a big family.

**What is your favourite seminar?**

Difficult answer. Anyway, in Europe

Respect  
with  
an  
angle  
of  
360°

I can say Barcelona, La Colle, Bernau. In the States, USAF summer camp and winter camp.

**Which advice of Y.Sensei do you remember the most?**

Respect with an angle of 360°, be professional as much as you can, do not forget we are talking of BUDO.



**Dojo information**

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**FAVORITE YOUTUBE VIDEO**







**PETER** VAN MARCKE

**JISCH** SCHEUREN

**SILVIA** ESCHENLAUER

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