

WANOMICHI

Iwama Aiki



Daniel TOUTAIN 8th DAN

&

Sonia TOMIOKA TOUTAIN 5th DAN

For Physical and mental preparation using Yoga techniques

Both direct students of **Morihiro SAITO** sensei

Saturday 21/11/2026

10h00 – 12h30

14h00 – 17h00

Sunday 22/11/2026

08h15 – 09h15 Special Keiko

(3rd Kyu and +)

09h30 – 12h00

Gym of the Goetheshule
Goetheplatz 12, 84478
WALDKRAIBURG
Germany

REGISTRATION

Gillhuberweg 1b, 84544 1schau a. Inn

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WHAT IS WANOMICHI AIKI?

Wanomichi Aiki is a method developed in 2018 by Daniel Toutain to make it easier to understand the foundations of the traditional techniques of Iwama, which were taught by his master Morihiro Saito, 9th Dan. Saito Sensei was one of the closest students of Morihei Ueshiba, O Sensei, the founder of the art that was called Aikido starting in 1942.



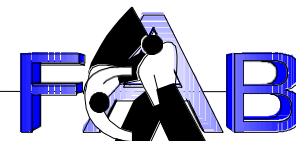
This method, developed by Daniel Toutain as a continuation of his master Saito Sensei's teachings, aims to apply the best possible biomechanics in the execution of the Iwama techniques.

This involves mastering distances, angles of placement, and lever effects to act effectively without using unnecessary force or counteraction. It focuses on harmonizing with the partner's actions through breath control, the use of proper positions for greater efficiency, maintaining alignment, and achieving perfect synchronization of movements.

Special attention is also given to improving body awareness.

The goal is to approach the technical program of Iwama with a deep understanding of its foundations and objectives.

This method is divided into four parts (Shin Tai Dosa, Taijutsu, Bukidori and Aikiken/Aikijo).



Sektion Sonstige

Organizer:	Sektion Sonstige of the FAB			
Host:	VFL Waldkraiburg e.V. – Division Aikido			
			Guests	VfL Members
Costs:	Entire seminar:		€ 70,00	€ 50,00
	Saturday: Sunday:		€ 55,00	€ 38,00
	Special Keiko:		€ 25,00	€ 17,00
			€ 10,00	€ 10,00
(Children and teenagers pay half price)				
No liability is assumed. Please ensure you have adequate insurance coverage.				
Participant limit: Maximum 30 participants – Registration required!				
Please bring your Jo and Bokken with you.				

Sonia TOMIOKA TOUTAIN 5th Dan, Yoga teacher, direct student of Morihiro SAITO sensei

Shin Tai Dosa : a comprehensive physical and mental preparation based on specially adapted yoga. Key components include improving flexibility and body tone, body awareness and meditation.

Daniel TOUTAIN 8th Dan, direct and close student of Morihiro SAITO sensei.

Taijutsu Techniques, taught in Iwama, which already stand out as a distinct practice due to their uniqueness.

Bukidori Techniques from the comprehensive program taught in Iwama: Tachidori, Jodori, Jonage, Tankendori.

Aikiken and Aikijo, corresponding to the teachings that the founder gave only in Iwama and that were codified by Saito Sensei, the only one who received the entirety of these teachings. The authentic Aikiken and Aikijo techniques of Iwama are also a characteristic of **Wanomichi Aiki**.

The continuous connection between unarmed techniques and Iwama's Aikiken - Aikijo forms the central pillar of **Wanomichi Aiki**.

Wanomichi Aiki is thus an innovative form that connects tradition and modernity.