



Aikido of Pittsburgh

Presents a Martial Arts Seminar with

Ellis Amdur & Budd Yuhasz

March 29th - 31st at Aikido of Pittsburgh

- Friday – Taikyoku Araki-ryu
 - Evening Session – 6:30 pm – 8:30pm
- Saturday – Aikido and Bokken/Jo
 - Morning Session – 10:00am – noon
 - Lunch provided
 - Afternoon Session – 1:00pm – 5:00pm
- Sunday – Internal Strength Workshop w/Ellis Amdur and Bud Yuhasz
 - Morning Session – 10:00am to 1:00pm

Aikido and Bokken/Jo techniques – Saturday

Saturday Amdur will be teaching Aikido and Bokken/Jo techniques as continuations of his past seminars at Aikido of Pittsburgh. Over the last decade, Amdur sensei has worked with several aikido instructors to develop a practice method that would lend itself to more effective atemi, counter-techniques and the development of students' abilities in more free-style practice, all of this without compromising the essential structure of classical aikido. Additionally, Amdur sensei, in collaboration with Bruce Bookman sensei, has been working on Jo techniques, and now Bokken, over the past several years. Please bring your weapons.

Taikyoku Araki-ryu – Friday night

This is an offshoot of the Hokusei Dojo's Araki-ryu *torite-kogusoku*, the martial tradition maintained by Ellis Amdur. *Taikyoku Araki-ryu*, an innovative training modality, embodies the creative tension that has always been at the heart of *Araki-ryu*, a combination of rigorous traditionalism and innovative methods to keep the *ryuha* congruent with the needs of the society it finds itself. 太曲 (*taikyoku*) could be translated as either “great themes” or “significant modules.”

Internal Strength – Sunday

Ellis Amdur and Budd Yuhasz will be facilitating an internal strength workshop to explore various practical skills and concepts around internal strength. Ellis and Budd have been working on internal strength themselves and with the guidance of Mike Sigman for years. Come learn, experiment and play with the concepts of internal strength as they are related to the practice of Aikido.

For more information on Ellis Amdur, check out www.kogenbudo.org

For more information on Budd Yuhasz, <http://taikyokumindandbody.com>

The cost for the seminar is **\$85 for the entire weekend.**

For more information contact:

Aikido of Pittsburgh

(412) 260-2171

contact@aikidopittsburgh.org

Aikido of Pittsburgh was founded in 1968 by *Shihan Ruriko Masutani* after she emigrated from Japan. Shihan Masutani began practicing Aikido in her native Japan as a child in the early 1950's under the guidance of her father. Retired now, she taught Aikido in Pittsburgh for over 44 years.

Aikido of Pittsburgh
Ellis Amdur Sensei Seminar/ Internal Strength Workshop
March 29th – 31st, 2019

Registration Form

Date: _____

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: () _____

Email Address: _____

Entire Seminar: \$85

Friday only: \$35

Saturday only: \$75

Sunday only: \$10 (or more) donation

Total enclosed \$ _____ (Make checks payable to **Aikido of Pittsburgh**)

Please mail your completed registration form and payment to:

Aikido of Pittsburgh
401 Butler St.
Pittsburgh, PA 15223
www.aikidopittsburgh.org

Any questions please contact us at (412) 260-2171.

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Instructor Bios:

Ellis Amdur: A native of Pittsburgh, Ellis Amdur first began studying martial arts in 1968, with a 'backyard' karate teacher. He then studied several years with a disciple of Alan Lee, one of the first instructors of Chinese martial arts in America to openly teach non-Chinese. In 1973, he began studying *aikido*, which brought him to Japan in 1976. There, he found *Araki-ryu torite-kogusoku* as well as *Toda-ha Buko-ryu*. He discontinued *aikido* in 1978 to focus on these two *koryu bugei*. He has trained in *Araki-ryu* since 1976, with thirteen years of direct study in Japan. Ellis Amdur has cross-trained in a number of other martial systems over the years, most notably *Kodokan judo* at Tokai University's Fifth Branch High School; *Muay Thai* at Koei Gym in Tokyo, and *xingyiquan*. Amdur returned to America in 1988, setting up a company, Edgework, which focuses on various aspects of crisis intervention. Amdur taught *Araki-ryu* as an assistant to his own instructor from the mid-1980's. Fully licensed as *shihan*, he began teaching his own students upon his return to America in 1988. He has set up several subsidiary schools in Athens and Thessaloniki. Amdur has most recently been focusing on principle-based training regarding integration of the body so that it is used most efficiently, something he discusses in detail in his book, *Hidden in Plain Sight*. This study is fully integrated into his training in *Araki-ryu* and *Toda-ha Buko-ryu*, as it is clear that such skills, commonly referred to as 'internal strength' were once the norm in Japanese martial traditions. Amdur also trains and works with Don Gulla, the founder of Arrestling. Together, Don and Ellis have developed Full Spectrum Crisis Intervention Team Training through GullaAmdur Associates.

Budd Yuhasz is the original founder of Taikyoku Budo, an integrated amalgam of Ellis Amdur's Taikyoku Aikido concept and Chinese internal strength principles. Budd began training in martial arts and martial sports in the early 1980's, bringing experience in aikido, judo, karate, wrestling, and classical Japanese weapons to Taikyoku Budo. Once a member of the teaching staff at an aikido dojo in Central Pennsylvania under the guidance of Ellis Amdur, Budd eventually decided to focus exclusively on developing and teaching Taikyoku Budo as his main martial practice which he continues to do with Amdur's collaboration. Since moving to the greater Philadelphia area in 2017, Budd is now working to create a Taikyoku Budo program with the Great Valley Community Organization, while overseeing the program at Kogen Dojo in Severna Park, Maryland.

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