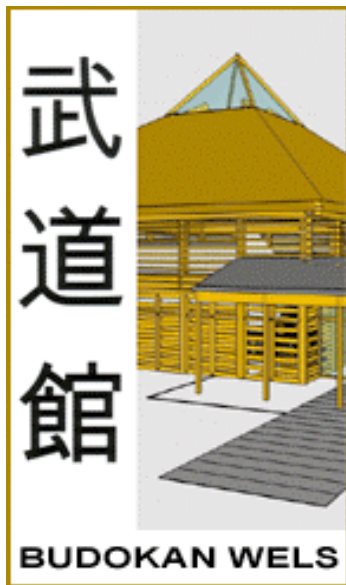


Shin Shin no Tanren, *forging the mind and body*



Wels, Austria The first Budokan Wels International Budo Seminar was held 15th March 2008. This groundbreaking event was directed by Dr. Elisabeth Noisser, Kokusai Budoin, IMAF Austria Branch Director, Iaido Renshi 6th Dan, Nihon Jujutsu 4th Dan. Thirty-nine participants attended from arts as diverse as Jujitsu, Judo, Karate, Tae Kwon Do, and Ninjutsu.

Designed by a Japanese architect, and inaugurated in May 2006, Budokan Wels is the only public hall in Austria specifically designated for the study of martial arts. Classes are offered daily in Japanese, Chinese, and Korean martial arts.

The International Budo Seminar theme of 'forging the mind and body' was established with an introduction into the practice of meditation, with discussions focused on how meditation contributes to all aspects of martial arts endeavors.

Subsequent training focused on the techniques and principles of Jujutsu, and ways of incorporating these methods into style specific practice.

The atmosphere of cooperation among participants during the seminar allowed everyone to make significant progress, and conclude the event with a sense of meaningful accomplishment.



Budokan Wels International Budo Seminar Participants



Dr. Noisser (center), sharing her expertise with seminar participants



The author, Armin Kopplhuber Sensei, is the Director of Jujutsu-Club Wels, and holds regular classes at Budokan Wels in Austria.

Jujutsu-Club Wels: www.goecities.com/jujutsuwels

Budokan Wels: <http://www.budokan.at/>