

Sharon Friedman

15. - 17. 03.2019

Hard fluidity

12 hours chain and rope - forest and night work

We will learn the gently yet deadly sway, the multitude of directions we can use cast ourselves and how to use *HARD AS SOFT* and *SOFT AS HARD*. The rope, the chain and the forest will be our teachers and we the willing students. Strike like a wave of metal and wrestle like you are not even there.

Sharon Friedman, Systema Tel Aviv

Friday 19:00 - 22:00

Saturday 11:00-14:00 + 18:00-21:00

Sunday 11:00-14:00 **Coming together Sa 15:00**

Seminar 120.- € / Sa 70.- € / 1 Session 40.- €

Training will take place at SEISHINKAI Frankfurt Friday night, Saturday morning and Sunday morning. Saturday evening however we will train in a forest close to Frankfurt. Please provide with proper clothing for the outdoors. We will train by night whether it rains or not. You know yourself what you need.

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www.systemaschule.de

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