



Art of Falling with Feldenkrais Method®

Enhance Controlled Falling, improve Stability and Mobility

Awareness Through Movement® Workshop with **Moti Nativ**

Milano, 2013 October, 4th - 5th - 6th

Fear of falling is at the root of an ongoing anxiety that goes back to our childhood and expresses itself to different degrees our daily life whether we are aware of it or not.

Non only that: fear of falling and getting hurt actually increases the probability of falling.

The awareness of being able to manage and to walk away from a fall unharmed is the best antidote to this fear.

That's true for everyone and especially for those who practice Martial Arts, for whom falling is the subject of great interest and practice and is something to be developed.

In a fight it is fundamental both to minimize injuries caused by a takedown and to be able to get up quickly, while keeping an eye on the surroundings, in order to limit the situations of vulnerability.

The goal of this Workshop is to improve Control of Falling which includes the ability both to impact the surface safely and to be efficient in getting back up.

This will reduce both the risk of injuries from falling and the fear of falling itself.

Familiarizing ourselves with falling can enhance our self confidence, creativity, sense of safety and risk, and provide us with more means to live with greater freedom

Awareness Through Movement® lessons, from the Feldenkrais Method®, will lead us to better use ourselves by gradually experiencing the "Fall to Safety" and improving Dynamic Stability, Mobility and Spatial Awareness.

The synergy of Martial Arts and Feldenkrais Method® will allow everyone to learn and progress with complete confidence, comfort and safety.

This Workshop is directed at people involved in the Feldenkrais Method® or in Martial Arts, at any level, as well as anyone involved in movement related disciplines: everyone will discover new ideas and tools for their own practice and profession.

In particular martial artists of any style will have the opportunity to approach the familiar topic of "Falling" from a new perspective.

In this sense this Workshop could be a privileged chance to explore the unusual teaching Method developed by Judo Master Moshe Feldenkrais and to compare it with their previous experiences.

For Feldenkrais practitioners it is an opportunity to experience an aspect of the Method which is rarely explored, namely its highly dynamic interaction with the environment, which originates from the "Martial Roots of the Feldenkrais Method®".

Moti Nativ - Internationally known Martial Arts expert, he is head of Bujinkan Israel and is Chairman of the Israeli presidium of the International Budo Academy.

He has been involved in martial arts since 1966, and has been teaching them since 1979.

Moti is proficient in Budotaijutsu/Ninjutsu, Judo and Krav Maga. Retired as Colonel from the Israeli Army, he leads the Israeli Bujinkan Dojo, is a belt instructor in Kodokan Judo and a certified instructor in Self-defense [Krav-Maga].

He is certified as a Martial Arts Instructor by the Israeli Formal School for Coaches and Instructors at the Wingate Institute and is organizer and manager of the Israeli Bujinkan Instructors courses

In 1994 he graduated after Feldenkrais training [Jerusalem 1]. He served four years as the president of the Israeli Feldenkrais Guild, also represented Israel in the ETC [European Feldenkrais Training and accreditation board Council] and IFF [International Feldenkrais Federation].

He recently took care of the republishing Moshe Feldenkrais' book 'Practical Unarmed Combat'

Passionate researcher, in the past years Moti pursued, explored and restored the fine evolutive path and the peculiar way of thinking that lead Moshe Feldenkrais, starting from 'street fighting', to become first a Martial Arts Master and then to develop the brilliant method bearing his name.

Nowadays Moti runs worldwide workshops on "Martial Roots of the Feldenkrais Method®" based on the synergy of Martial Arts and Feldenkrais Method®

Moti built a unique instructor course "**Improving Warrior's Ability**" that aims at providing martial art instructors with training techniques based on Feldenkrais method.



www.warriors-awareness.com
www.bujinkan-israel.co.il

"In this workshop I share the fruits of my research with Feldenkrais Practitioners and Martial Artists. I present Moshe Feldenkrais development as a martial artist and I show the links between this process and the development of the Feldenkrais Method."



Warriors' Awareness™



When 2013 October, 4th—5th—6th The Workshop develops completely along 3 days, total 18h. But it is also possible to take part for just 1 or 2 days.	Time-table		
	Friday, 4th		14.00-20.30 (6 h)
Where ASD Club Kim Long via San Giovanni Battista de la Salle, 17 MILANO The gym is easily accessible both by car, train and public transport (MM2 stop at CIMIANO or superficial lines 44, 51, 53, 56).	Saturday, 5th Sunday, 6th	10.30-13.30 9.30-12.30	15.00-18.00 (6 h) 14.00-17.00 (6 h)
	Fees 1 day € 90,00 (€ 80,00) 2 days € 170,00 (€ 150,00) 3 days € 240,00 (€ 210,00) in brackets are fees for enrolments before 2013 Sept, 7th. Max 25 persons.		

Info	Davide Salvi - Club Kim Long mobile 347.47.77.214 / davide@clubkimlong.com www.clubkimlong.com
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Notes	The Workshop is mainly addressed to people involved in Feldenkrais Method or Martial Arts, but can as well and with profit be attended by anyone who is willing to explore the world of learning, movement and awareness with interest and curiosity. No previous Martial Arts or Feldenkrais Method experiences required.	The gym floor is covered with tatami. Anyway please bring a blanket and cushions, if needed for self comfort. It is recommended to wear comfortable clothes.
	Lessons will be in english with italian translation	A certificate of participation will be provided.

H	From Milano Stazione Centrale take Underground MM2 - Linea Verde (Green Line) toward Cologno Nord/Gessate. Get off at the 6th stop, CIMIANO . From the Underground station exit to the right, towards via Padova. Then it's about 400 m on foot (see map below).
	by public transport Underground MM2 - Linea Verde (Green Line): get off at CIMIANO stop. From the Underground station exit to the right, towards via Padova. Then it's about 400 m on foot (see map below). Bus lines 44, 51, 53, 56 are also available to reach the gym: bus stop are within 20m from the gym.

Iscrizioni

To sign-up please take contact with **Stefania Russo** o **Davide Salvi** (see before), then fill in and send by e-mail the enrol module and deposit half the fee. In the event of cancellation by the Participant, a refund of the 80% of the deposit will be provided if cancellation will be notified by 20/09/2013. After that date the Participant will be entitled to a refund of 50%

It is possible to make the payment via **bank transfer** to:

ASD Club Kim Long
 IBAN: **IT 91 W 03359 01600 100000011849**

Stating in the **description**:
 "PART PAYMENT MOTI NATIV WORKSHOP",
 your NAME and the DAYS you will be present.

