



# 41. Women Aikido Week

in Kniebis, 72250 Freudenstadt (Blackforest, Germany)

**with Susen Werner, 5. Dan Aikikai**

Saturday 25. July – Saturday 01. August 2026



Susen Werner (5th Dan, Dr. of Sports Science) was inspired to take up aikido 25 years ago by a fellow traveler on a trip through Mongolia. Since then, she has been studying under Sensei Bodo Rödel in Cologne and regularly attends courses taught by Sensei Christian Tissier. Many other teachers have influenced her aikido, most notably Sensei Tsuruzo Miyamoto and Sensei Yoko Okamoto. From 2015 to 2020, she taught regularly at the Aikido School Cologne, and since 2016 she has been teaching aikido as a regular course at the German Sport University Cologne. She is a long-standing member of the National Technical College of the Aikido Federation Germany. In her aikido practice and learning support, Susen connects the body through clear technique, the knowledge of her sports science studies, and the experience of her meditation and contact improvisation practice. She is very much looking forward to exploring these elements together in a female space.

**Training:** We can train on at least 100 square meters of mat space in a spacious, beautiful multi-purpose hall. The Naturfreundehaus is about a 20-minute walk from the hall. Please bring practice weapons and meditation cushions.

**Accommodation:** We will be staying at the Naturfreundehaus, which is beautifully located in the middle of the forest and offers a magnificent view of the Black Forest ([www.naturfreundehaus-kniebis.de](http://www.naturfreundehaus-kniebis.de)). We will have the house all to ourselves. You can choose between 16 double rooms, two triple rooms, and two quadruple rooms. Towels (€7) and bed linen (€2.50) are available on site or can be brought along. Unfortunately, there is no possibility to camp. The Naturfreundehaus is located directly on a circular hiking trail with a waterfall and a moor bath.

Training schedule (suggested – subject to change):

9:00–9:30 Meditation

9:30–11:00 Aikido

11:15–12:00 Aikido

12:15–12:45 Weapons

1:15–1:45 Stretching and breathing

During the breaks (15 minutes each), there will be small snacks such as fruit, nuts etc. After the training, there will be a late lunch break with a hot meal prepared by our cook.

**Course duration:** Arrival on Saturday from 4 p.m., dinner together, start of Aikido training on Sunday morning, departure on Saturday by 12 noon (no training on that day).

**Meals:** Our cook this year is Rupya Spreen. She cooks vegetarian and organic meals for us twice a day.

**Costs:** Included costs for cook and trainer, training hall, accommodation and meals

**Regular price:** 640 - 780 euros (you decide)

For the **socially supported price**, please contact us individually so that we can enable every woman to participate.

Beginners and women who have not been practicing aikido for very long are also welcome at the summer camp (WAW)!

**Please send your registration by April 30, 2026 at: [jeth1@gmx.de](mailto:jeth1@gmx.de)**

A deposit of 150 euros is due upon confirmation of registration. If you are unable to attend and there is no replacement from the waiting list, 25 euros of the deposit will be retained.

We look forward to seeing you!

Your 2026 organizing team: Ani, Marie, and Jennifer

*[www.women-aikido.org](http://www.women-aikido.org)*