

AIKIDOlympia

KANGEIKO

February 26th - March 1st, 2024
5:30 - 6:15AM Each Morning



For our practice, Kangeiko provides the opportunity to wake up earlier than some of us think is normal, to accept the world around us even if it's cold and rainy, to remain undistracted by the feeling of our bare feet on the freezing cold mats, the dojo door open to the winter air, and to intentionally practice vigorously. From Kangeiko, we elevate our own practices, nourish the kiai of our dojo, and hopefully develop greater perspective- "If I can participate in Kangeiko and enjoy it, then what else am I capable of doing?" All are welcome to join us, one morning or all the mornings is up to you!