

# AIKIDO workshop

Saturday  
15 November 2025



Henry  
Lynch  
Sensei

**Henry sensei, 6<sup>th</sup> Dan Aikikai** has been studying the art of Aikido for over 50 years. He is a founding member, Chief Instructor and Head of Riai Aikido. He is based in Auckland and teaches at his Riai Aikido Learning Centre. Henry sensei's training and teaching revolves around the exploration of the energy relationship between nage and uke.

**Saturday 15 November 2025**

10:45am – 4pm, doors open 10:15am  
Porirua Judo Academy dojo,  
11 Cobham Court, Porirua

Workshop is open to all Aikido affiliations, and beginners

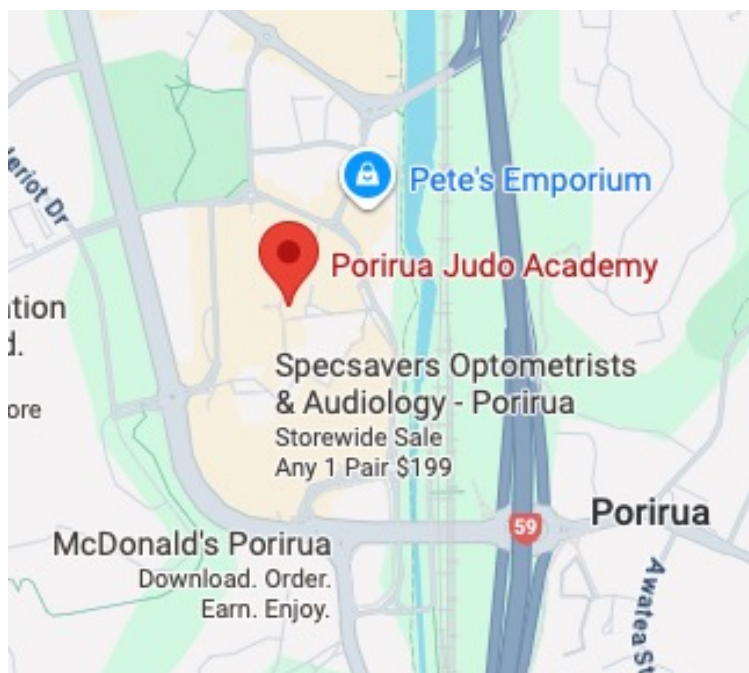
Cost \$25. Register with Conrad  
021 843 467 [conrad@aikido.org.nz](mailto:conrad@aikido.org.nz)

[www.aikido.org.nz](http://www.aikido.org.nz)

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道

**A different venue than usual,**  
thanks to our Judo friends:

Porirua Judo Academy dojo,  
11 Cobham Court, Porirua



From the south, just head up SH1, merge onto  
SH59 and off at Porirua roundabout. Easy!

### Cafes close by

Or bring your  
own lunch



### Cost \$25

Free for Riai Aikido  
Wellington members

Please register with Conrad  
021 843 467  
[conrad@aikido.org.nz](mailto:conrad@aikido.org.nz)

Transfer to account  
38 9024 0307948 00  
RIAI AIKIDO WELLINGTON

Or bring cash. Arigato!

Coming up...

### 2026 Henry sensei workshops at City Dojo

Tbc but keep an eye on:

[aikido.org.nz/events](https://aikido.org.nz/events)