

# 2019



## **AIKIDO GASSHUKU** **合宿** **INTENSIVE AIKIDO SEMINAR**

*Friday to Sunday – 28th of June - 30th of June*

*3 DAYS, 15 CLASSES - 5 classes each day.*

### **MATS ALEXANDERSSON 6 DAN SHIDOIN**

**3 intense days  
5 classes each day  
max 20 participants.**

#### **SCHEDULE**

We start at 10.00 in the morning and plan to finish by 17:45 each day.

We will practise,

- Atemi waza
- Taijutsu, kihon, henka and oyo waza
- Bokken and jo.

#### **HOURS**

10.00-11.00, 11.15-12.15, Lunch,  
14.00-15.00, 15.15-16.15, 16.45-17.45

#### **COSTS**

The seminar costs 600 SEK.  
Please pay your seminar fee **before** 17th of June to secure your attendance.

Pay by Swish: 0733-15 20 40 or  
Plusgiro, 8361327-3  
(Stockholms Aikidoklubb Iwama Ryu).

#### **SLEEPING ACCOMMODATION**

Sleeping in the dojo is free of charge.  
Rosenlundsgatan 54, Stockholm

Contact info, 0733-15 20 40 or  
info@ stockholm-aikido.se

Sign up here [www.stockholm-aikido.se](http://www.stockholm-aikido.se)