

2020



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

Friday to Sunday – 3rd of July to 5th of July
3 DAYS, 15 CLASSES - 5 classes each day.

MATS ALEXANDERSSON 6 DAN SHIDOIN

3 intense days
5 classes each day
max 24 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
- Buki Waza.

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