



Mouliko Halén 6. dan



Jan Nevelius 6. dan

Black Belt Seminar

aikido yudansha seminar

November 20th to 22th 2009

Instructors: Mouliko Halén 6th Dan, and Jan Nevelius 6th Dan

An opportunity for instructors to build friendships and contacts in an international environment. Attendance at the seminar will help you refine and strengthen your position as a trainer and both personally and for your club.

The main focus will be

to share views about training adults. There will of course be lots of training together!

The following topics will be addressed:

1. Focus. Tachidori, Tantodori, Jodori
2. Attari (contact)
3. Ki musubi (to bind the contact and energy together with your partner and lead it into a technique)

Accommodation:

Participants may either sleep in the dojo (free, bring your sleeping bag and cushion), or sleep in a hotel nearby. Please make your preferred sleeping arrangement known to Mouliko when booking the seminar (mouliko@online.no, ph +47 930 27 309). Hotel prices can be supplied by e-mail when booking.

Registration:

mouliko@online.no

Location:

Sunyata Aikido Dojo,
Rolf Wickstroms vei 15 B
Oslo, Norway
Closest T-station: Nydalen

Price:

900 NOK Aikido seminar

200:- NOK for food during the seminar (including evening meal: Friday soup. Lunch (Saturday and Sunday,) and light afternoon meal on Saturday. For Saturday party we can order sushi or you bring other food (not included).

We are NOT providing breakfast, but some bread, cheese, meat etc, is there.

Please notify your attendance and let me know if you want our food offer before 10. November.

The booking is binding, if you have booked and cancelled the seminar after 10. November, you will be charged 400 NOK.

We would like the participants to attend the whole seminar.

Bring:

Notepad and/or training diary, pen Bokken, Jo, Tanto.

Max 50 participants

Training:

Friday	20th	1800 - 2100	aikido
Saturday	21th	1000 - 1230 1400 - 1700	aikido aikido
Sunday	22th	0900 - 1230	aikido

All yudanshas are welcome to our seminar

(1Kyu students preparing for shodan are also welcome)

