

We are happy to invite you to
the 31th Special Intensive
International Dutch

Aikido

Summer Seminar 2016 with

Doshu Yoshigasaki

Misogi- Aikido- Bokken - Jo

Date:

Friday august 05 - Wednesday august 10

Arrival for people who stay for lodging
on friday 05 august 17.00- 18.00h for
preparation and dinner. Also for the
participants who do the whole
programme, they join the workgroups at
Hoge Distel.

Location Lodging:

De Hoge Distel,
't Hoog 3,
5268 LL Helvoirt, The Netherlands.

New Location Aikido:

Sportshal d'Oultremontcollege,
Dillenburgstraat 46, 5151 GL Drunen.

So the trainingdays will be full of work.
We like to offer this full programme for
the people who can lodge at the Hoge
Distel.

The intensity is not only the training ,
but also taking care of each other, like

cooking, cleaning and so create an
environment of sharing together.
Like in Furusato (Doshu's Dojo).

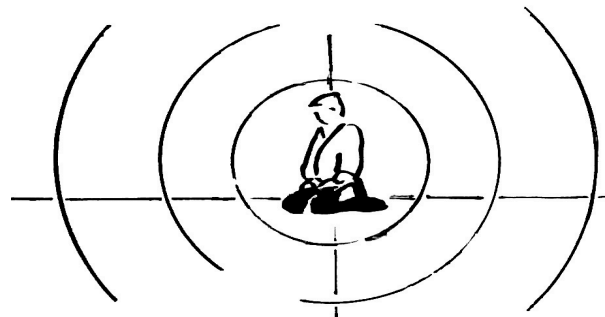
Aikido Training will be for everybody
together in the Sportshal in Drunen
There are people who only come for the
Aikido Training, for them there is a
compact timescedule, so they do not have
to wait 3hrs at lunchtime.

The arrival time for lodging is friday
05th august from 17.00-18.00h, so we can
make workgroups, prepare the Dojo's,
clean and cook, and have diner together
at 19.15h.

We create a Dojo at this place for the
Misogi Bell/Bokken, we can also train
outside as we are in the woods.

The lodging place is basic, place
for 30 - 35 people, so you need to bring
your sleeping bag and pillow.
Please register in time before June 30.

For the Misogi bring bokken, wooden
bench, zabuton and dogi and white socks.
Also dojo slippers... We have bells.



Programme: Arrival friday 05 august

SATURDAY 06- TUESDAY AUGUST 09

07.00 -07.45 Misogi/ Ki-breathing.
Dojo at Hoge Distel.
08.15 Breakfast at Hoge Distel
09.30 -10.25 Misogi with Bell at Hoge Distel.
10.35 -11.30 Misogi Bokken, Hoge Distel
12.00 -12.30 Lunch at Hoge Distel.
13.30 -15.30 Aikido All Sporthal Drunen
16.00 -18.00 Aikido Weapontraining All.
19.15 Dinner Hoge Distel

WEDNESDAY AUGUST 10

07.00 - 07.45 Misogi/ Ki-breathing.
08.15 Breakfast at Hoge Distel.
09.30 - 11.30 Misogi with Bell / boken
11.30 - 12.00 Reflection Seminar
12.30 Lunch at Hoge Distel
End Lodging or a day to Relax

* 4th Dan examinations monday/teusday
afternoon...

* monday evening camp fire

Seminar lodging means joining the full
programme so the price includes Misogi
bell/bokken. Price lodging from friday
dinner till wednesday lunch is € 235,00

1 full day price € 50.00 includes dinner,
bed, breakfast, lunch and Misogi
Bell/Bokken, but also to be part of a
workgroup at Hoge Distel.

Lodging fees	Seminar	per 1 full day
Adult	€ 235,00	€ 50,00

Vegetarian meals are possible. Please
indicate this when you register.

Aikido Seminar fees.

Aikido seminar fee all 4 days
 at the Sporthal Drunen € 120,00
 Aikido one day € 30,00
 Aikido one class € 15,00
 One day Misogi Bell/Bokken € 15,00

Children lodging

If you bring your children you can bring your tent to sleep together, but we can also make parents with children rooms.

7 – 9 years	135	35
3 – 6 years	90	25

Children daycare

Please let us know in before june 30 if you have children to join for the day-care.

Day-care fees:

Whole seminar	€	50,00
One day	€	15,00
Reduced fee big family 1-€ 50, 2-€ 40, 3-€ 30		

Payment

Aikido Seminar fee can be paid in advance to NL54 INGB 0002 0330 41 of the Ki-Aikido Centrum, or in cash at the seminar.

Lodging fee can only be paid at the seminar in cash!

We suggest to pay all fees in cash at the seminar, in order to avoid extra bank charges.

O = BREAKFAST	L = LUNCH
D = DINNER	S = BED

Looking forward to meet you at the 31th Special Aikido Summer Seminar 2016 in the Netherlands.

We wish you a very pleasant journey.

Reservation / registration-form for:

Name_____.

Address_____.

City_____Country_____.

Tel_____.

Email_____.

Yes, I hereby register for:

Lodging/Full Seminar at Hoge Distel:
Includes Misogi Bell/Bokken.

Lodging only for the day's:

05-8	06-8	07-8	08-8	09-8	10-8
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Aikido Seminar August 06 –August 09:

Aikido only for the day's:

05-8	06-8	07-8	08-8	09-8	10-8
	O	O	O	O	

O = put cross what you participate

Baby/children care: _____ child(ren).

Children age: 1____ 2____ 3____

Vegetarian cooking (fish) : (O)

New Aikido T-Shirt 2016 :

Signature:_____Date_____.

Please send your registration form, by post/email, before June 30 to:
Ki - Aikido Centrum. c/o Eugène du Long,
Maasdijk 407, 4264 AS Veen, The
Netherlands. Email: kiaikido@xs4all.nl

Invitation to the
International Dutch

Aikido

31th Summer Seminar 2016



Doshu Yoshigasaki

Friday August 05 – Wednesday August 10

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Sportshal d'Oultremontcollege,
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www.KiAikidoCentrum.nl