

Sotodeshiweek

June 20. to 25. – 2016 Ethan Monnot Weisgard, 6th Dan Aikikai

Location: Cph. Aiki Shuren Dojo, Valbygårdsvej 36A, 2500 Valby

Schedule: Monday through Friday, 3 classes each day Saturday, 5 hour seminar

Prices: Soto deshi week including Saturday 1400,- dkr Saturday only 400,- dkr

> The Soto deshi week and seminar are both open to all aikido practitioners, regardless of style

Basic weapon knowledge is required Soto deshi week will be limited to 12 participants Enrolment is on a first come first served basis Saturday seminar is limited to 30 participants

Further information and enrolment: Mikkel Secher Kroner +45 3060 4912 <u>seminars@aiki-shuren-dojo.com</u>

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Time schedule

Soto deshi classes

	Monday	Tuesday	Wednesday	Thursday	Friday
	20/6	21/6	22/6	23/6	24/6
Morning Class	*9:30 - 10:30	9:30 - 10:30	*9:30 - 10:30	9:30 - 10:30	*9:30 - 10:30
(bukiwaza/tai jutsu)					
Afternoon Class	14:00 - 15:00	14:00 - 15:00	14:00 - 15:00	14:00 - 15:00	14:00 - 15:00
(bukiwaza/tai jutsu)					
Evening Class	19:00 - 20:00	*18:00 - 19:30	19:00 - 20:00	*18:00 - 19:30	19:00 - 20:00
(tai jutsu)					

*These classes are our normal training schedule and will be open to all members of Copenhagen Aiki Shuren Dojo.

Saturday Seminar

The seminar on Saturday 25/6 will be from 9:00 to 15:00

The theme for the classes wil be Riai – the connection between ken/jo and empty handed techniques.

Party on Saturday evening

After the seminar Saturday, there will be a Party at the Copenhagen Aiki Shuren Dojo. The dinner starts at 18:00

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Accomodation and Information

Hotels and Hostels

If you wish to stay at a regular hotel or hostel at reasonable prices, go to one of these links below: https://www.cabinn.com/en/cheap-hotels-frederiksberg http://www.cabinn.com/en/cheap-hotels-frederiksberg http://www.cabinn.com/en/cheap-hotels-frederiksberg http://www.danhostel.dk/en/hostel/danhostel-copenhagen-city http://www.sleepinheaven.com/

Homestay

It is also possible to stay at a kind of homestay, where you live 4 to 6 persons in a flat. Contact Shohreh Shahrzad on mail: <u>shohre@shohre.dk</u>

How to get there

Copenhagen Aiki Shuren Dojo is located at Valbygårdsvej 36A, 2500 Valby. Please go to <u>http://www.aiki-shuren-dojo.com/contact-find-us/</u> for information on how to find our Dojo.

Payment

Payment should be made at the latest one week before the Soto deshi week – please state your name when transferring. Andelskassen MERKUR: Reg# 8401 Account# 3324607 (IBAN# DK3984010003324607) – (SWIFT/BIC# MEKUDK21)