

UCHIDESHI WEEK

Take the chance to live Aikido 24 hours a day!

Dates: August 12–18, 2019



Location: Iyasaka Aikidoklubb,
Tavastgatan 26B, Södermalm, Stockholm.
Closest metro station is Mariatorget.

Date: August 12 at 5.00 PM to August 18
at 1.30 PM.

Programme: 3–4 classes per day with additional theory classes. Training with focus on both taijutsu and weapons. The theory classes consist of both lectures as well as teamwork.

Head instructor: Urban Aldenklint 7 Dan Shihan, who himself lived as an uchideshi for over a year at the Aikido Kobayashi Dojo. Other instructors from Iyasaka will also attend occasionally. *The lectures will be held in English.*

Living: On the mat in the dojo. Bring sleeping mat and sleeping bag. Number of students is limited to 20 people, with a lower limit of 10.

Tuition: SEK 1000. Pay at beginning of the week to Urban.

Register: Send Urban an email at infomaster@iyasaka.se

Welcome!