



Iyasaka's Uchideshi week August 5–11 2024

Welcome to Iyasaka's Uchideshi Week. Take the chance to live Aikido 24 hours a day.

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

Date: August 7th at 5.00 PM to August 13th at 1.30 PM.

Programme: 3-4 classes per day. Training with focus on both taijutsu and weapons.

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.

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

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

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.

Welcome!