

# KI AIKIDO ASSOCIATION - PALERMO

*20 years of ki aikido in Palermo(1999- 2019)*

## AIKIDO INTERNATIONAL SEMINAR

with YOSHIGASAKI SENSEI

from 3/ 4/ 5 May 2019

### Seminar Program

Date	Time	Activities	Place
Friday 03- may	18:00 – 21:00 20:00 - 21:00	Aikido (all part.) Instruct or Dan	Gonzaga institute
Saturday 04- may	09:00 – 12:00	Aikido (all participants)	Gonzaga institute
	12:00	Examination	
Saturday	16:00 – 18:00	Aikido (all participants)	
	18:00 – 19:00	Instructors Dan	
	20:00	Evening meal	
Sunday 05- may	09:30 – 10:30	Instruct or	Gonzaga institute
	10:30 – 12:30	Aikido(all part.)	

### Seminar cost

**Kyu grade : Seminar € 60,00**

**Instructors and Dan grade: Seminar € 70,00**

Info [kiaikidopalermo@gmail.com](mailto:kiaikidopalermo@gmail.com)–

<http://www.kiaikidopalermo.it>



Mr Andrea tel. +39 3382804977

# Practice site

## Gonzaga institute

Piersanti Mattarella Street, 42 Palermo

Google Maps:

<https://www.google.it/maps/place/Via+Mattarella+Piersanti,+42,+90141+Palermo/@38.1307075,13.3484753,17z/data=!3m1!4b1!4m2!3m1!1s0x1319ef503f19a72d:0xf21e717496420f73>



### Fly to Palermo

AirOne - Blu- express – Ryanair – Alitalia - Easyjet



### Rent a car

Auto Europa [www.sbc.it](http://www.sbc.it) Avis [www.avisautonoleggio.it](http://www.avisautonoleggio.it)



### Urban Shifts

Taxi <http://www.taxipalermo.com/>

Metro <http://www.trenitalia.com/trenitalia21.html>

## To Sleep

We are able to receive a limited number of practitioners for free in our new dojo, where you can use the bathrooms and of the tatami, with its own sleeping bags.

Anyone interested is asked to contact us in time for a better organization.

## ACCOMODATION B&B

### Recommended

**A CASA DI AMICI** [www.acasadianici.com](http://www.acasadianici.com) Dante, 57 Street – Palermo + 39 091 7654650  
email [info@acasadianici.com](mailto:info@acasadianici.com) - [www.acasadianici.com](http://www.acasadianici.com)

**B&B Novecento** Roma Street, 62 - tel. +39 0919761194 [www.bed-breakfast-palermo.com](http://www.bed-breakfast-palermo.com)

**B&B Le stanze di Irma**, R. Mondini street 11 +39 3491736915

**B&B In Itinera**, Libertà' street 58 +39 3490502656

**B&B Al giardino Inglese**, Largo degli abeti street + 39 3348181276

**B&B Notarbartolo** Notarbartolo Street, 35 - tel. +39 346 5365197

<http://www.notarbartolo.com/>

**B&B Agramante** Terrasanta Street, 82 – tel. +39 392.7225398

[http://bbagramante.it/it/bed\\_breakfast\\_palermo/](http://bbagramante.it/it/bed_breakfast_palermo/)

**B&B Felice** Benedetto Civiletti Street, 4 – tel. +39 091 320612

<http://www.bbfelice.it/IT/index.html>



## Things to see in Palermo

### Duomo

If too many cooks in the kitchen can spoil the broth, then too many architects turned Palermo's cathedral into a hodgepodge of styles. It is still a striking building, however, and well worth an hour or more of your time. Regrettably, the various styles -- Greek-Roman, Norman, Arabic, Islamic -- were not blended successfully with the overriding baroque overlay. In 1184, during the Norman reign, the archbishop of Palermo, Gualtiero Offamiglio, launched the cathedral on the site of a Muslim mosque, which had been built over an early Christian basilica. Offamiglio was green with envy at the supremacy of the cathedral of Monreale. As the Palermo Duomo took shape, it became an architectural battleground for what was known as "The Battle of the Two Cathedrals."

### The catacombs of Palermo

If you've got a secret yearning to join mummified cadavers, and your tastes lean to the bizarre, you should spend at least an hour at these catacombs under the Capuchins Monastery. Some 350 years ago, it was discovered that the catacombs contained a mysterious preservative that helped mummify the dead. Visitors can wander through the catacombs' dank corridors among the mummified bodies. Some faces are contorted as if posing for Edvard Munch's *The Scream*. Although many corpses are still remarkably preserved, time and gravity have been cruel to others. Some are downright creepy, with body parts such as jaws or hands missing.

**Address:** Via Infermeria dei Cappuccini n° 3

**Hours:** Daily 9am- noon and 3- 5pm (until 7pm in summer)

### Church of the Martorana/ San Cataldo in Palermo

These two Norman churches stand side by side. If you have time for only one, make it La Martorana, as it is the most celebrated church in Palermo remaining from the Middle Ages. Visit it if only to see its series of spectacular **mosaics**. Named for Eloisa Martorana, who founded a nearby Benedictine convent in 1194, this church is dedicated not to her, but to Santa Maria dell' Ammiraglio (St. Mary of the Admiral). History was made here as well: It was in this church that Sicily's noblemen convened to offer the crown to Peter of Aragon. On a visit to La Martorana, you can obtain a key from the custodian sitting at a tiny table to your right as you enter the chapel. This key allows entry into the tiny **Chiesa di San Cataldo** next door. Also of Norman origin, it was founded by Maio of Bari, chancellor to William I. But because he died in 1160, the interior was never completed. The church is famous for its Saracenic red golf-ball domes. Sicilians liken these bulbous domes to a eunuch's hat.

**Address:** Piazza Bellini n° 3 (Bellini Square)

**Hours:** Mon- Sat 9:30am- 1pm and 3:30- 6:30pm; Sun 8:30am- 1pm San Cataldo: Tues- Fri 9am- 5pm; Sat - Sun 9am- 1pm

### Norman Palace in Palermo

The chief attraction of Palermo, this mammoth palace and artistic treasure was constructed by the Arabs in the 11th century over the ruins of a Roman fort. Over time it was expanded and turned into the royal residence of Roger II, the Norman king. Much of the look of the present palace is from alterations it received from the 16th to the 17th century. The chief attraction inside is **Cappella Palatina**, a magnificent example of the Arabo-Norman artistic genius. Exit from the compound's stately entrance gate (the same one you entered), walk about 50 paces downhill, and then turn left onto Via del Bastione. You'll have trouble seeing a street sign at first. From here, you'll skirt the Norman Palace's massive and sharply angled foundations. After two narrow and claustrophobic blocks, climb the first set of granite steps rising upward from Via del Castione's left side.

**Address:** Piazza del Risorgimento. (Risorgimento Square)

### Palermo historical markets

The historical markets of Palermo are something so wonderful and suggestive that cannot be easily described with words. They really are living open air monuments. By visiting the **historical markets of Palermo** you can live a kind of summary of what the nature and colourful and cheerful spirit of Palermo are. You can watch at the vivid and bright colours of the **typical stalls of these markets**, you can hear the noise of the hawkers selling their products that is the true voice of these markets, you can smell the scent and taste the flavours of the products sold by the hawkers. In these markets you can buy almost everything, from meat, to vegetables and fish; most of all you can purchase a lot of **products typical of Sicilian cooking**. What really is amazing is that you can also enjoy yourself **just by looking** at the **typically Arabic** bargaining between customers and sellers, to obtain the best price! One of the most famous historical markets of Palermo is the **Vucciria**, in the heart of Palermo old town centre. In ancient times this was the market where people could preferably buy good meat at very good prices;

nowadays here you can buy almost everything. Another important historical market of Palermo is the one of Capo. Here the alleys and the little streets of the market are often so crowded with people that sometimes you cannot even move. The third **market of Palermo is Ballarò**, where you can mainly find food at very competitive prices. The fourth historical market of Palermo is Borgo Vecchio, near the Politeama theatre but reaching the **Port of Palermo**. In this market you can find some shops almost always open, even at night.

## Regional Archaeological Museum A. Salinas Palermo

*The museum is located in the old city centre near the Teatro Massimo, off via Roma.*

The museum is housed in the building of the San Filippo Neri Congregation and is part of the monumental complex of the "Olivella", which includes also the Church of St Ignatius and the adjoining oratory. The construction of this architectural complex, initiated at the end of the 16th c. to the design of Antonio Muttone, was completed in the 17th c. Deconsecrated and confiscated by law in 1866 it later became the site of the National Museum. It has since been frequently transformed: the last major reconstruction concerned a whole wing that was bombed in the second world war (1943). The museum illustrates the various artistic periods and civilization in western Sicily from prehistory to the late Roman period. It also shows the history of art collecting in an exhibition of important objects and collections not of Sicilian origin.

**Address :** Via Bara all' Olivella, 24

## Gastronomy

The gastronomy from Palermo is many centuries old and this has contributed to improving and enriching its recipes and tastes. A big variety of fragrances and ingredients mix well together: a refined and a poor cookery, recipes for fish and meat dishes, the meeting between sweet and spicy dishes characterize the cooking from Palermo. Among the typical courses we recommend you the pasta con le sarde (pasta with sardines), the sformato di anelletti al forno and other many cooking specialities based on vegetables, as the caponata di melanzane (a sort of aubergine pie). Also the panelle are very tasty (a kind of bread rolls prepared with chickpea flour) and the moffolette, flat bread rolls baked in a wood-burning oven, which can be stuffed at your pleasure. Among the typical sweets, we advise you the cassata, the cannoli con ricotta (pastry rolls with ricotta), the torrone con le mandorle (almond nougat) and the pasta reale (marzipan). To end up with, you cannot miss the Sicilian ice-cream and the typical sorbetto.

## Shopping in Palermo

Palermo is like a grand shopping bazaar. You'll find a little bit of everything here, including boutiques of high fashion. Many shoppers seek out the expert craftspeople known for their skill in producing any number of goods, especially beautiful coral jewelry. Embroidered fabrics are another specialty item. Some visitors come to Palermo just to purchase ceramics. Palermo markets are the most colorful in southern Italy. At these markets, all the bounty of Sicily -- fruits, vegetables, fish -- is elegantly displayed. Since it is unlikely you will be staying in accommodations with kitchen facilities, the markets are mainly for sightseeing, although they do offer an array of clothing and crafts as well. For the best shopping, head for **Via della Libertà**, north of the city's medieval core within a 19th-century residential neighborhood of town houses and mid-20th-century apartment buildings that evoke some of the more upscale residential sections of Barcelona. Within this same neighborhood, **Via Principe di Belmonte** is an all-pedestrian thoroughfare with many hip and elegant shops, as well as fashionable cafes such as Spinnato. The two other principal shopping streets in the old town are **Via Roma** and **Via Maqueda**. Monday morning is the worst time to shop, as nearly all stores are closed. Otherwise, general shopping hours are Monday to Friday 9am to 1pm and 4 to 7 or 7:30pm, Saturday 4 to 8pm.

## Where to sleep in Palermo

In Palermo, the tourist is a valuable commodity and the city is equipped to accommodate all types of travelers. Luxury hotels like the Grand Wagner, or Bed & Breakfast more economical, are scattered close to destinations not to be missed during a trip to Palermo. Most hotels have rooms with sea view while in B & B offers warm hospitality. Looking for accommodation that is in the central area, because the internal connections are not always very reliable, especially in summer, when traffic in the city appears to increase while minutes roll by.

## Nightlife

For such a large city, Palermo has a dearth of nightlife. In the hot summer months, the townspeople parade along the waterfront of **Mondello Lido** to cool off. Although they are improving somewhat, many Palermo areas with bars and taverns (such as La Kalsa or Albergheria) are not safe for walking around at night. And some of the bars and taverns in the medieval core of Palermo have the life span of sickly butterflies. The safest places for drinking, making conversation, and meeting like-minded companions are the many bars in the deluxe and first-class hotels. They are also the most sanitary. The liveliest squares at night -- and the relatively safest because lots of people are here -- are **Piazza Castelnuovo** and **Piazza Verdi**. Another "safe zone" is a pedestrian strip flanked by bars and cafes, many with sidewalk tables, along **Via Principe di Belmonte**, between Via Roma and Via Ruggero Settimo. Some of these bars have live pianists in summer. If you like the sound of things, drop in for a glass of wine or a beer.

**The Local Nerve Center** -- While in Palermo, you might want to make **Kursaal Kalhesa**, Foro Umberto I 21 (tel. **091-6167630**), your official headquarters. It's a beehive of activity and a great way to meet locals, most of whom are young and fluent in English. Situated in a restored palace near Piazza Marina, this is where Sicily meets New York's SoHo. An attractive crowd congregates at the bar, which is flanked by discreetly lit stone walls and a bookstore-cum-lounge. You can read English-language newspapers, listen to live music, get online at the Internet cafe, or pick up tourist info at the travel agency. For serious eating, head upstairs for Sicilian and Tunisian fare. The chef's delectable dishes are served in a cavernous room decorated with blue and white tiles; in warm weather, there's terrace dining. The best dishes include artichoke pasta with a radicchio cream sauce, lemon-flavored swordfish with shrimp, and the famous lentils grown on the island of Ustica and flavored with squid ink, a local delicacy. Main courses cost from 8€ to 20€ (\$10- \$26). The Kursaal building is open Tuesday through Sunday from 11:30am to 2pm and 4pm to 1am. As one local told us, "It's where I always go to hang my hat, even if people don't wear hats anymore."

**Dance Clubs** -- Palermo's most popular dance clubs lie in the city's commercial center, although one good one is in north Palermo. The city's main club is **Candelai**, Via Candelai 65 (tel. **091-327151**). Mainstream rock blasts throughout the night in this crowded complex of gyrating 20-year-olds. The club is open Friday to Sunday 8pm, with no set closing time. There is no cover, but it is necessary to buy a membership card (valid for a month) for 15€ (\$20).

<http://www.kiaikidopalermo.it>