

Invitation
to the International Dutch

Aikido

34rd Summer Seminar 2019



Doshu Yoshigasaki

Friday July 05 – Wednesday July 10

Location Aikido

Sportshal Kerkweg 1 ,
5266 BA Cromvoirt. The Netherlands.

Location Lodging

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

www.KiAikidoCentrum.nl

Arrival for people who stay for lodging on
friday july 05 from 14.00- 17.30h at Hoge
Distel for preparation Dojo's and dinner.
Dinner friday served at 19.15h.

Misogi and Boken/ Jo training at the Hoge
Distel in the morning.

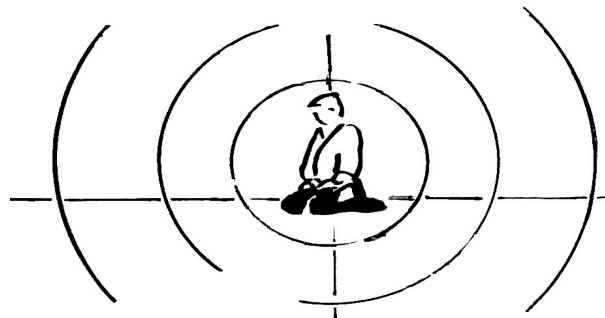
Aikido Training in the Sportshal in
Cromvoirt in the afternoon.

We create a Dojo at this place for the
Misogi, Bell / Bokken training, 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.

You can also bring your tent to sleep.
Please register in time before June 23.

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



FRIDAY 05 JULY 2019 WELCOME

14.00 -17.30h Arrival and preparation.
9.15 Dinner Hoge Distel

SATURDAY 06- TUESDAY JULY 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, 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 Cromvoirt
15.45 -17.45 Aikido Weapontraining All.
19.15 Dinner Hoge Distel

WEDNESDAY JULY 10

07.00 - 07.45 Misogi/ Ki-breathing.
08.15 Breakfast at Hoge Distel.
09.30 - 11.30 Misogi with Bell, Hoge Distel
11.30 - 12.00 Misogi Boken Hoge Distel
12.30 Lunch at Hoge Distel
End Lodging/ cleaning tutti.

* Aikido DAN examinations monday /
teusday afternoon...
* camp fire

Price lodging full seminar from friday
dinner till wednesday lunch is € 235,00

1 full day lodging price € 50.00 includes
dinner, bed, breakfast, lunch and Misogi
Bell/Bokken in the morning.

Lodging fee includes Misogi:

Lodging fee (fri-wedn) € 235,00
Lodging fee 1 full day € 50,00

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

Lodging and Aikido total fee € 355,00

Payment

Aikido Seminar fee and Lodging fee can be paid to
NL54 INGB 0002 0330 41
of the Ki Aikido Centrum.
Payment total fee in advance before june 19,
you get € 15,00 discount.

You can also pay in cash at the seminar!

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

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

Looking forward to meet you at the 34th Special Aikido Summer Seminar 2019 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 Hoge Distel:
Includes Misogi Bell/Bokken.

Lodging only for the day's:
05-7 06-7 07-7 08-7 09-7 10-7
DS OLDS OLDS OLDS OLDS OL
00 0000 0000 0000 0000 00

Aikido Seminar July 05- July 10:

Aikido only for the day's:
05-7 06-7 07-7 08-7 09-7 10-7
O O O O

0 = put cross what you participate

Vegetarian cooking (fish) : (O)
New Aikido T-Shirt 2019 (maybe) :

Signature:_____Date_____.

For the 5th time we organise the Summer Seminar in this intense way, where we enjoy practice Misogi, Boken, Jo and Aikido.



Super Cooks Frank and Rico will take care of the exquisit menu...

Please send your registration form, by post/email, before June 19 2019 to:

Ki Aikido Centrum.
c/o Eugène du Long,
Maasdijk 407, 4264 AS Veen,
The Netherlands. Tel 0031 0416 692364
Email: kiaikido@xs4all.nl

www.KiAikidoCentrum.nl