

TENSHINKAN AIKIDO DOJO

INVITES YOU TO SEMINAR

ON MAY 12th – 14th 2017

WITH T. SCHOO, 6. Dan Seishinkai



Thorsten has been an Aikido pro since 1996. He was educated as an Aikido teacher by Christian Tissier (Paris) and has been strongly influenced by Inaba Minoru sensei (Tokyo) and Vladimir Vasiliev (Toronto). Thorsten has formed several yondans and many more sandans, all of them teaching Aikido themselves and forming the group of SEISHINKAI AIKIDO with its headquarter in Frankfurt, Germany (www.seishinkai.eu).

The 4-pillar-training of SEISHINKAI AIKIDO (Aikido/Jo-Jutsu/ Ken-Jutsu/ Basic martial arts) is fluid, adaptable and intuitive in the sense of using principles of movement first, then creating the technique. Do not be worried as a beginner, Thorsten will explain and show what you need to experiment yourself!

Instruction will be in English.

Friday: 18.00-20.00 Saturday: 11.00-13.00 Sunday: 11.00-13.00
16.00-18.00

Price: NOK **600.-** for the whole camp or each keiko **200.-**.
To be paid **cash before** the start of the seminar. **OR beforehand** to our account 6030.05.38250. Half price (on whole camp price only) for aikidoka's from dojos more than 200 km away, visitors from abroad, present HAFOS pupils and participants 13-18 years old.

Minimum age to participate: 13 years.

Saturday night: directly after the last keiko we will go out for a meal / socialize.

Place: Tenshinkan Aikidoklubb, Grensevn. 97A at Helsefyr, close to the station.

Metro: Lines 1-2-3-4.

Buses: 21-37-76-68. Also bus 23 (10 min walk)

Parking: Totally 11 places: 3 marked Global Knowledge, and after the shop's opening hours: 6-8 places marked GS Bildeler (BMW).

When these are taken, please use pay parking across the street.

Travellers: Regretfully we cannot offer overnight stay in our new dojo due to security of the building.

From Gardermoen: Flybussen to Helsefyr or take Flytoget (Airport train) to center + Metro.

No registration necessary, you are all welcome!

Visit our website: <http://tenshinkan.no> for map and more.