

# TENSHINKAN AIKIDO DOJO

INVITES YOU TO SEMINAR

ON OCT 26th – 28th 2018

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 other martial arts, especially Inaba Minoru sensei, Ken-Jutsu (Tokyo), Vladimir Vasiliev, RMA (Toronto) and Martin Wheeler, WMA (Los Angeles), thereby creating a fluid, adaptable and intuitive Aikido. Thorsten has formed two godans, four yondans and many more sandans and lower in his different periods of teaching. Today, Thorsten is ready to encourage a whole new generation of Aikidoists. To meet the standards of a modern warrior, we must fight smart on the three levels – by expanding our physical capabilities, emotional endurance and not least our spiritual awareness. By using the principles of movement – at all the three levels - first, techniques show up in a light, plain and comfortable way.

**Instruction will be in English.**

**Friday: 18.00-20.00 Saturday: 11.00-13.00 Sunday: 11.00-13.00**  
**15.00-17.00**

**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:** 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 8 places: 6-7 places marked GS Bildeler (BMW) after the shop's opening hours and 1 marked Global Knowledge beside them (in the bend).

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

**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.