

# TENSHINKAN AIKIDO DOJO



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WELCOME TO  
AIKIDO- and  
Kashima No Tachi 15. -17. feb 2019

## SEMINAR WITH PAUL SMITH 6.dan

**Friday: 18-20 Saturday: 10-13 and 15-17 Sunday: 10-12.**

**Prices:** **200/300** for single two/three hours' passes.  
**700.-** for Friday/Saturday and 1st pass Sunday. To be paid cash before training starts or in advance to: 6030.05.38250.  
All participants must be above the age of 13.

Half price (on whole camp only, not on single classes) for:  
Visitors from abroad, participants from dojos min. 200 km away,  
pupils from HAFOS and all teens under the age of 19.

**(Sunday: 14-17** For those currently practising Kashima or familiar with the series Kihon, Uradachi etc.. Extra payment of **200.-** for this class.)

**Saturday evening:** Social arrangement.

**Place:** Tenshinkan Dojo at Helsefyr, Grenseveien 97A, 0663 Oslo.

**Lunch:** Bring your own lunch, or find a café nearby.

**T-bane:** Lines 1-2-3-4 to Helsefyr.

**Buses:** See ruter.no

**Parking:** 8-10 free places beside GS bildeler below entrance,  
when full, use pay parking across the street.

**From Gardermoen/OSL:** Flybussen/Flybussekspressen to Helsefyr

Check our webpage <http://tenshinkan.no> for other info.

**No applications necessary**