

# TENSHINKAN AIKIDO DOJO



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WELCOME TO  
AIKIDO- and  
Kashima No Tachi 8.-10. of May 2020

SEMINAR WITH PAUL D. SMITH 6.dan

**Friday: 18-20.30 Saturday: 11-13 and 15-18 Aikido.**

**Prices: 200/300** for single two/three hours' passes.

**600.-** for all Friday and Saturday **Aikido** classes.

**400.-** for Sunday classes only.

**800.-** for all 3 days.

To be paid cash **before** training starts or in advance to:  
6030.05.38250. All participants must have 13 years of age.

Half price on the whole Aikido camp only, not on single classes, for:  
Visitors from abroad, participants from dojos min. 200 km away,  
this years' HAFOS pupils and all teens up to the age of 20.

**Saturday evening 19.00:** Social arrangement. Place TBA.

**Sunday: 10-12 and 13-15 Kashima no tachi** exclusively for those  
who currently have been practising Kashima for min. 5 months  
or are familiar with the series Kihon and Uradachi, etc.

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

**Lunch:** Bring your own lunch / visit local café. We supply tea/coffee.

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

**Buses:** See ruter.no

**Parking:** 8-10 free places beside GS bildeler below the 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**