

Invitation to the
International Dutch

Aikido

33th Summer Seminar 2018



Doshu Yoshigasaki

Friday July 06 – Wednesday July 11

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 06 from 17.00-
17.30h at Hoge Distel for
preparation Dojo's and dinner

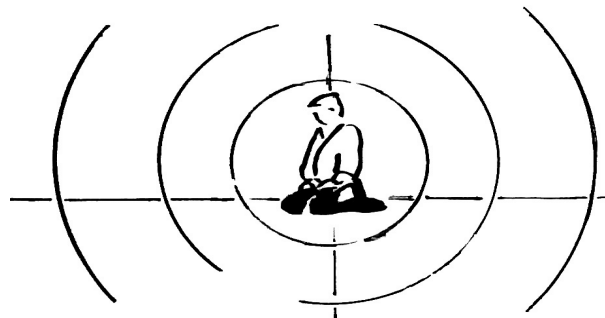
Misogi and boken training at the
Hoge Distel in the morning.

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
24.

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



Programme: Arrival July 06 2018

SATURDAY 07- TUESDAY JULY 10

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
16.00 -18.00 Aikido Weapontraining All.
19.15 Dinner Hoge Distel

WEDNESDAY JULY 11

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.

* 3/4th DAN examinations Monday /
Tuesday afternoon...
* camp fire

Price lodging 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:
Seminar (fri-wedn) € 235,00
Lodging 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 24, 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
33th Special Aikido Summer Seminar
2018 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:

| | | | | | |
|------|------|------|------|------|------|
| 06-7 | 07-7 | 08-7 | 09-7 | 10-7 | 11-7 |
| DS | OLDS | OLDS | OLDS | OLDS | OL |
| 00 | 0000 | 0000 | 0000 | 0000 | 00 |

Aikido Seminar july 06- july 11:

Aikido only for the day's:

| | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|------|
| 06-7 | 07-7 | 08-7 | 09-7 | 10-7 | 11-7 |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

0 = put cross what you participate

Vegetarian cooking (fish) : (
New Aikido T-Shirt 2018 (maybe) :

Signature:_____Date_____.

For the 4th time we organise the Summer
Seminar in this intense way, where we
enjoy practice Misogi, Boken and Aikido.



Super Cooks Frank and Rico will take care
of the menu... Lotte does the porridge and
Eugene the miso soup, together with you...

Please send your registration form, by
post/email, before June 24 2018 to:
Ki - Aikido Centrum.
c/o Eugène du Long,
Maasdijk 407,
4264 AS Veen,
The Netherlands.
Email: kiaikido@xs4all.nl

www.KiAikidoCentrum.nl