

Invitation  
to the International Dutch

# Aikido

33<sup>rd</sup> 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](http://www.KiAikidoCentrum.nl)

Arrival for people who stay for lodging on  
friday july 06 from 16.00- 17,30h at Hoge  
Distel for preparation Dojo's and dinner.  
Dinner friday served at 19.15h.

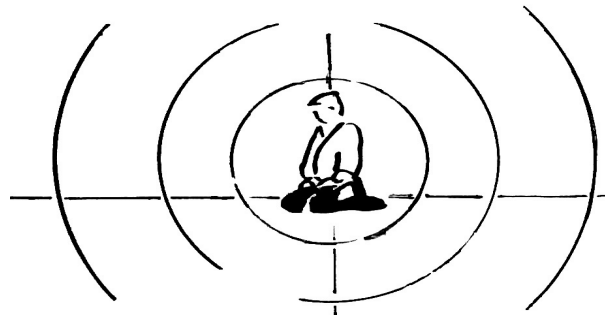
Misogi and boken training at the Hoge  
Distel in the morning.

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  
15.45 -17.45 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.*

\* Aikido DAN examinations monday / teusday  
afternoon...  
\* camp fire

Price lodging full seminar 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:

Lodging fee (fri-wedn) € 235,00  
Lodging fee 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 20,  
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  
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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  
O O O O

0 = put cross what you participate

Vegetarian cooking (fish) :  (O)  
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 exquisit menu... Lotte does the porridge together with you... miso soup...

Please send your registration form, by post/email, before June 20 2018 to:

Ki Aikido Centrum.  
c/o Eugène du Long,  
Maasdijk 407, 4264 AS Veen,  
The Netherlands. Tel 0031 0416 692364  
Email: kiaikido@xs4all.nl

[www.KiAikidoCentrum.nl](http://www.KiAikidoCentrum.nl)