

# Aikido Seminar with Michael Holm

in Madrid, September 25th-26th,



## Schedule:

Saturday 25th:

12.15-13.20 h  
13.20-13.30 free  
13.30-15:00 h

18.00-19.20 h  
19.20-19.30 free  
19.30 - 21.00 h

Sunday 26th:

10.30-12.20 h  
12.20-12.30 free  
12:30-14:00 h

Price:

All seminar: 70 €  
One session: 35 €

Beginners are welcome!!!

## Place:

Gimnasio Bushidokwai.- Macario García

Street Donoso Cortés 53



Michael Holm was born in Belgium and began to practice Martial Arts at the age of 14 years.

He is one of the main exponents of Aikido in Denmark and teaches courses in this discipline throughout Europe and South America.

He works in the University of Copenhagen, being also teacher of F.M. Alexander Technique and publisher of eBooks.

[www.aikidomadrid.com](http://www.aikidomadrid.com)