



AIKIDO SEMINAR

22.-23. OCTOBER 2022

Joachim von Rost, 6. Dan

Joachim started training started training Budo 1973 and has been Ki and Aikido instructor for 35 years. He has followed Doshu Yoshigasaki's teachings since 1987. He has black belt in Judo, Aikikai and 6th Dan according to Doshu Yoshigasaki.

“Aikido is a way to create situations in which an attack is not likely to occur. If an attack does not occur, defence is not necessary. I think this is the only way to achieve peace.”

Doshu Yoshigasaki

Location:

Klippan, Klippanvägen, Sund, Åland

Training Schedule:

Saturday, 22 october

10-12 everybody

12-15 lunch break with the possibility to visit some tourist sites

15-17 everybody

17-18 tsuzukiwaza (1:st kyu minimum)

We plan to go out for dinner after training.

Sunday, 23 october

10-12 everybody

lunch break in the dojo: sandwiches and fruit

13-14 tsuzukiwaza (1:st kyu minimum)

14-15 everybody

15-16 children

Seminar Fees:

Complete seminar: 40,- EUR

Single lesson 10,- EUR

Aikido Ålands club members get 50 % discount on complete seminar costs.

Contact

If you have questions please contact Gudrun, tel. +358-457-34 54 993, aikidoaland@gmail.com or on Messenger (Aikido Åland).

You can also contact our partner club, Aikido Club 13, Achim tel. +46-70-781 11 81 in Stockholm.

Accommodation

<https://www.visitaland.com/en/>

<https://www.idrottscenter.com/vandrarhem/>

Ferries

www.vikingline.ax

www.siljaline.com

www.eckerolinjen.se