

Invitation

Saturday 3 en Sunday 4 june, 2023

In Bemmelen onder leiding van:

Anne van der Aa,

Astrid Spangenberg,

Frans Reijnen



Program both days 10:00 - 12:00 Aikido

12:00 - 13:30 Lunch

13:30 - 15:30 Aikido

15:30 - 16:30 Deepening

Costs per day: (lunch included) €30,-

Location: Ki-Aikido Bemmelen, Dikelsestraat 4, Bemmelen

*1^e and 2^e dan techniques are central.
Deepening = free extra practice of 1^e and 2^e dan techniques.*

If you are in need for more information, sent us an e-mail.

E-mail: info@ki-aikido-bemmel.nl

With reference to the preparation of lunch, dinner and overnight stays, signing up is necessary.

For preparation of dinner Saturday night, we expect some help. Costs are allocated jointly and severally.

Please report if you are vegetarian or are not allowed to eat certain food.

We get groceries, as soon as we know how many people want to eat dinner. Please let us know and sign in latest **27th of may** .