

# CRISSOLO

(Valle Po, sul monte Monviso) - IT Piemonte 1400 mt s.l.m.

Summer Seminar 2025

## AIKIDO & MISOGI

August 2 – August 12, 2025



### Bruno Maule Shihan

CSEN National Referent for the AIKIDO

CSEN AIKIDO National Trainer



Seminar shared with the black belts present  
(each black belt has 1 hour per lesson available)

The seminar is open to all as long as they are regularly registered.

The presence constitutes Institutional Training Activity

**For further information:**

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Dojo Ronin Ki Aikido Novara



## PROGRAM

Saturday	2 August	Welcome to the CITTA' SUL MONTE from 2.00 pm
Sunday	3 August	Start of the seminar at 7.30 am
Monday	11, August	End of the seminar at 1.00 pm
Tuesday	12 August	Leave the room free by 9.30 am

**During the seminar there will be an examination session.**

**ADULT PRACTICE:**            *MISOGI*                            from 7.30 am to 8.30 am  
   *AIKIDO / WEAPONS*            from 9.15 am to 1.00 pm

**Bring bokken, jo and tanto.**

**Every participant must be privately insured against possible accidents.**

**ACCOMMODATION:**    La Città sul Monte - Crissolo (CN)

**MEALS:**            Breakfast    at 8.30 am  
                                 Lunch            at 1.30 pm  
                                 Dinner            at 7.30 pm

**Vegetarian and vegan menu on request**

**Rooms:** 2 to 12 people. The house provides sheets and blankets. **Bring your own towels.**

Toilets on the floors, with showers; hot water. Reserved parking. Two large dining rooms. Bar with TV and VCR. Possibility of video projections, sound system. Equipped games room. Large multipurpose courtyard with porch, volleyball court and 7-a-side football field. Collaboration in the dining room is welcome to clear the tables.

**LEISURE:**            Volleyball, table football, table tennis, board games

**ESCURSIONS:** Pian del Re lakes (2020m)  
                                 The Rio Martino cave (1530m)  
                                 Balma Boves Sanfront (16 km from Crissolo)

**You can also:** visit the ancient village of Crissolo, the village Borgo, Ostana (included in the list of The most beautiful villages in Italy), take walks along the Po, along the woods, to the sanctuary of San Chiaffredo, at Pian della Regina (1714m), Pian del Re (2020m), Lago Fiorenza (2113m), Il Buco di Viso (in French Tunnel de la Traversette)...

We recommend: boots, anorak, sweater and headlamp.

**Who does not want to stay in the structure can find accommodation at the hotels located in Crissolo.**  
**For information: Tourist Office, Crissolo – cellphone +39 329 210 7681**

**Reservations by July 20 , 2025 (LIMITED PLACES).**



**PARCO AVVENTURA**



**GROTTA di RIO MARTINO**



**AIKIDO**



**ARMI**



**MISOGI**