

Endo Shihan

Seminar in Stockholm 15-17 of February, 2008

We are very happy to once again have Endo Shihan visiting us.

For the seminar no weapons are needed but please bring slippers to use between changing rooms and in the dojo/hall. If you are late please wait at the side of the tatami for sensei to call you in. If you want to watch it's fine but please respect the etiquette in the dojo and avoid loud and disturbing talks, take of jackets, hats and avoid taking photos without permission. If we all support in this we create a better concentration and better dojo atmosphere.

Thank you!

Schedule

Friday: evening 18.30 – 19.30, 19.40-20.40.

Saturday: 10.00-11.00, 11.10-12.10, 16.30-18.00.

Examinations will be held Saturday: 12.30-14.30

Sunday: 11.00-12.00, 12.10-13.10

Place

New place!

Location is **Mensättravägen 36, "Rackethallen"**.

From Vanadis aikidodojo you take the subway 5 stations (10 min) to "Slussen". Get off in the end of the train and go downstairs from the platform to the big bus station. You can take bus number 445, 446 or 448 to Saltsjö-Boo. Notice the timetable. Takes about 20 minutes. From some of the buses you have to walk a little (see map).

For more information about timetables, prices etc. check www.sl.se (English version) or www.eniro.se . You can not pay the bus with money, get a card for 3 days or coupons.

Maps

A good way to find things in Stockholm is to use: www.hitta.se or www.eniro.se

Prices

Friday to Sunday (whole camp): 600 Swedish kronor (60 Euro – please bring exact amount since we have no extra change in Euro).

Per hour: 100 Swedish kronor.

Half day: 200 Swedish kronor

Stay

“Hotell Oden” www.hoteloden is a hotel near Vanadis dojo. If you ask kindly you can have an “aikido reduction”. Most people normally stay in this hotel during the seminar.

Sleeping in the dojo (Vanadis aikido dojo: www.vanadis-aikido.se):
50 Swedish kronor for two nights.

“Ett Litet Hotell” www.ettlitethotell.se is located very near the training hall during the weekend seminar.

Party

We have a party saturday evening in Vanadis aikidodojo, Västmannagatan 59, Odenplan. You can buy something to drink but no food. So please eat before.

More information, contact:

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Welcome!!!

Vanadis Aikidodojo