

## **Endo Shihan seminar in Stockholm, Sweden in February 2011**

Vanadis aikido dojo is very pleased to have Endo Shihan again in Sweden. This is a unique possibility to practice with Endo Sensei in Sweden. In order to have the best possible seminar, there are few things we would like all participants to consider:

- To come in good time before the class starts. Endo Shihan prefers that everybody sit for 5 minutes in meditation before the class begins.
- If you happen to be late – bow for shomen, sit at the side and wait for Sensei to bow you in. If Sensei doesn't see you – find Sensei, sit down and make a bow for Sensei before you enter the class.
- To use slippers between the changing room and the dojo mat.
- Not to talk too much during the training, but concentrate on the training itself.
- Try to follow Sensei's instructions and see what he is showing.
- If you are watching or if you see somebody watching, be aware that it is very impolite in a dojo to stand and watch, having outdoor clothes on, or cap/headphone on your head.
- Not to take photos, or video film without any permissions from sensei.
- After the class it is usually possible to train. Please try to work on the things Sensei has been showing during the class.
  
- Finally, we hope you'll enjoy the seminar!

VANADIS AIKIDO DOJO