

# AIKIDO

## XVII Letnia Szkola

Ilawa 16-22.08.2015

Meido Moore sensei (6 dan)  
Shinjinkai Aikido, Chicago, USA

Tomasz Krzyżanowski sensei (6 dan)  
AAI-Polska Aikido, Poland

and our special guest:

Urban Aldenklint shihan (7 dan)  
Iyasaka Dojo, Stockholm, Sweden

Location: Ilawa 14-200, Sienkiewicza 5, Poland

Accommodation: dorm rooms -2,3,4,8-persons

Cost: \* 790,00 pln (deposit 300,00 pln paid before 10.06.2015)  
\* 890,00 pln (deposit 300,00 pln paid after 10.06.2015)

Akademia Ruchu Kenkotai, I.Kanta 15A, 10-691 Olsztyn  
Bank BGŻ SA, SWIFT GOPZPLPW  
IBAN PL 80 2030 0045 1110 0000 0335 1470

includes:

- food and accommodation (breakfast, lunch, supper)
- aikido training (400 m2 dojo space)
- insurance NNW
- other activities
- (barbecue, fireplace, leaving room, TV-room, playing field, lake beach and bar 5 min walk, etc.)



Registration and information:

tel.+48 501 015 335

e-mail: [president@aai-polska.pl](mailto:president@aai-polska.pl); [www.aai-polska.pl](http://www.aai-polska.pl)

## SCHEDULE:

### 16.08.2015 (Sunday):

From 15.00	accommodation
17.00-18.00	keiko
18.15-19.15	keiko (jo/ken)
19.30	supper
21.00	evening activities

### 17-21.08.2015 (Monday-Friday):

8.30	breakfast
9.30	meditation
10.00 – 11.00	keiko
11.15 – 12.15	keiko
12.15 – 13.15	free practice
14.00	lunch
17.00 – 18.00	keiko
18.15 – 19.15	keiko (jo/ken)
19.30	supper
21.00	evening activities

### 22.08.2015 (Saturday):

9.00	breakfast
11.00 – 12.00	keiko
12.15 – 13.15	keiko
13.30 – 14.30	keiko
14.30	official closing
15.00	sayonara

Dan and kyu tests will take a place on Friday 21.08.2015.

Please, confirm your coming by email:

[president@aai-polska.pl](mailto:president@aai-polska.pl)

SEE YOU ON THE MAT!!

