

AIKIDO

XIV Letnia Szkola

Itawa 11-17.08.2013

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

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

and our special guest instructor:

Urban Aldenklint shihan (6 dan)
Iyasaka Dojo, Stockholm, Sweden

Location: Itawa 14-200, Sienkiewicza 5, Poland

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

Cost: * 780,00 pln (deposit 300,00 pln paid by 15.06.2013)
* 880,00 pln (deposit 300,00 pln paid after 15.06.2013)

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: director@aai-polska.pl; www.aai-polska.pl

SCHEDULE:

11.08.2013 (Sunday):

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

12-16.08.2013 (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

17.08.2013 (Saturday):

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

Dan and kyu tests will take a place on Friday 16.08.2013.

Please, confirm your coming by email:

director@aai-polska.pl

SEE YOU ON THE MAT!!

