## Aikido, International Seminar

Under the direction of **Takanori KURIBAYASHI** Sensei, From Tokyo Aikikai, 7th Dan, Shihan.

Saturdav 14 and Sundav 15 December 2024

Gymnasium Roger DUHALDE sports complex in Mougins (1735 avenue Notre Dame de Vie, 06250 Mougins) (A8 motorway exit "Cannes" N°42)

## <u>Opening</u>

Seminar (internship): Saturday 14 and Sunday 15 December:

- 10:00 am 12:00 pm and 3:00 pm 5:00 pm.
- Opening at 9:00 a.m.

Passage grades and aïkikaï :

Saturday or Sunday 5:30 pm ~7:30 pm (Reserved for members of the organizing clubs, no spectators)

Class Friday 13 December 12:15-13:15 at the dojo, €10 on site.

<u>Technical levels:</u> Forward falls and mastered basic techniques

**Prices** : <u>Number of places limited to the first 100 registered.</u>

**Full Saturday and Sunday course: 85€** (-10% for booking the full seminar before November 14, 2024, code RES10 at the time of payment).

- Per 1/2 day: 25 €
- Meal, buffet, reserved for trainees, Saturday and Sunday lunchtime: €25 per meal, **40** places max, registration below

An interpreter (Japanese-> french) will be present during the course in Mougins.

No photos, videos without permission. No spectators, thank you for your understanding.

Priority full course or 3 half-days. Registration and secure payment on: www.aikido06.fr or https://urlz.fr/rlko



Information: aikiclub06@gmail.com Phone 06 60 93 90 71