

Aikido, International Seminar

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

Saturday 14 and Sunday 15 December 2024

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



Opening

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.

Dan Aikikai Exam :

Saturday 6:00 p.m. - 7:00 p.m.:

(Reserved for members of the organizing clubs, no spectators)

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

Technical levels:

Forward falls and mastered basic techniques



Prices : Number of places limited to the first 100 registered.

Full Saturday and Sunday workshop: 85€ (-10% for booking the full seminar before 01/12/2024, Code RES10 at the time of payment).

- **Per 1/2 day: 25 € (with 3 half-days in priority)**
- Meal reserved for trainees, Saturday and Sunday lunchtime: 25€ per meal, **40 places max**, registration required before December 9th. Other dining options in nearby food trucks, bakeries or restaurants.

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

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

Accommodation, hotels near the sports complex:

1. **Ibis budget cannes Mougins, 245 Chemin du Belvédère, 06250 Mougins. 10 mns walk.**
2. **Hotel Belvedere Cannes Mougins, 431 Chemin du Belvédère, 06250 Mougins. 13 mns walk.**
3. **Le domaine de mai, Appart hôtel, 29 Chemin du Château, 06250 Mougins. 5 minutes walk.**

Priority full course or 3 half-days.

Registration and secure payment on:

www.aikido06.fr or <https://urlz.fr/rlko>

Information:

aikidoclub06@gmail.com

Phone 06 60 93 90 71

