

We are pleased to invite you to
the **25th** International Dutch

Aikido

Summer Seminar with

Doshu Yoshigasaki Kenjiro

Date:

Saturday 14 - wednesday 18 August 2010

Location:

Sportscenter Theereheide, Eikenlaan 5,
St. Michielsgestel, (tel 073 55 13 103),
10 km south-east from 's Hertogenbosch
direction Eindhoven (A2 exit Esch).

Programme:

SATURDAY AUGUST 14

09.00 - 10.30 Registration. Payment fees
10.30 - 12.30 Aikido All.
13.00 Lunch at Zonnewende
14.30 - 16.30 Aikido All
16.30 - 17.30 Instructors class Aikido
18.30 Dinner at Zonnewende.

SUNDAY 15 - TUESDAY AUGUST 17

07.00 - 07.45 Misogi/ Ki-breathing.
Dojo at Zonnewende.
08.15 Breakfast at Zonnewende
09.30 - 11.30 Aikido All.
11.30 - 12.30 Instructors class Aikido
13.00 Lunch at Zonnewende.
15.30 - 17.30 Aikido All.
18.30 Dinner at Zonnewende

WEDNESDAY AUGUST 18

07.00 - 07.45 Misogi/ Ki-breathing.
08.15 Breakfast at Zonnewende.
09:30 - 10:30 Aikido (instructors)
10:30 - 12:00 Aikido All
end of seminar/clean dojo/store mats
13:00 Lunch (Zonnewende)
end lodging

* 25th Anniversary of the Summer

Seminar. To celebrate this event we are
organising special Japanese catering and
also Tamashigiri demonstrations and
participation...

* 25 Years exams overview...

* **Misogi:** Dogi or comfort clothing, **bokken**,
zabuton (meditation cloth), wooden
bench or zafu (meditation cushion).

* 3rd and 4th Dan examinations

* Monday Barbeque / Party*

* **Instructors class** only for teachers, dan
grades of Ki no Kenkyukai Ass. Int.

Aikido Seminar fees.

	in Euro
Aikido seminar fee all	125
Aikido fee instructors	155
Aikido one day	30
Instructors one day	37
Aikido one class	15

If you register early, before 01 August 2010
you can make use of the **reduced fee** of
€ 140,00 for instructors and € 115,00 for other
students.

Lodging

The accommodation for lodging (breakfast,
lunch, dinner, sleeping) is Zonnewende,
Esscheweg 78, Sint-Michielsgestel, tel: 073-
5512425, www.zonnewende.nl.

From there it is a short walk to the sports
center.

Zonnewende offers bedrooms with 2, 4 or 6
beds, with shared toilet and shower units.

Family rooms are available too.

Vegetarian meals are possible. Please indicate
this when you register.

**Seminar price is from Saturday Lunch
till Wednesday Lunch.**

1 full day price € 39,00 is lunch, dinner,
bed/sheets and breakfast.

Lodging fees	Seminar	1 full day
adult	165	39
7 - 9 years	120	30
3 - 6 years	75	20
0 - 2 years	0	0

Alternatively, you can put up your tent at the
campsite Dennenoord in Boxtel, approx. 12 km
from the sportscenter. Telephone: 0411-
601280.

Children

During the seminar there is a day-care facility
for children of age 0-12 years.

Day-care fees:

whole seminar	50
single day	13

Reduced fee big family 1-50, 2-40, 3-30.

Please let us know in advance if you have
children to join the day-care.

Payment

Seminar (reduced) fee can be paid in advance to Postbank account 2033041 of the Ki-Aikido Centrum, or in cash at the seminar.

Lodging fee can only be paid at the seminar in cash!

We suggest to pay all fees in cash at the seminar, in order to avoid extra bank charges.

Visitors from abroad

If you would like to arrive for Dinner on Friday August 13, please let us know before August 01 (email: kiaikido@xs4all.nl).

Lodging costs for 5 full days is € 190,00.
Friday dinner till wednesday lunch= 5 days

O = ONTBIJT/ BREAKFAST
L = LUNCH
D = DINNER
S = BED/SHEETS

Looking forward to meet you at the 25th Aikido Summer Seminar 2010 in the Netherlands

We wish you a very pleasant journey.

Reservation / registration-form for:

Name_____.

Address_____.

City_____Country_____.

Tel_____.

Email_____.

Yes, I hereby register for:

Aikido Seminar 14 - 18 August: O

Aikido only for the days:

14.8	15.8	16.8	17.8	18.8
O	O	O	O	O

Lodging at Zonnewende seminar: O

Lodging only for the days:

13.8	14.8	15.8	16.8	17.8	18.8
DS	OLDS	OLDS	OLDS	OLDS	OL
-	-	-	-	-	-

Baby/children care: _____ child(ren).

Children age: 1____ 2____ 3____

Instructor : O

Vegetarian cooking (fish) : O (O)

New Aikido T-Shirt 2010 : O

Signature:_____ **Date**_____.

Please send your reservation /registration form, by post/email, before August 01 to: Ki - Aikido Centrum. c/o Eugène du Long, Maasdijk 407, 4264 AS Veen, The Netherlands. Email: kiaikido@xs4all.nl

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**Theereheide Sports Center
Eikenlaan 5, Sint Michielsgestel
(near 's-Hertogenbosch)**

The Netherlands

www.KiAikidoCentrum.nl