

# AIKIDO SEMINAR



under the direction of  
**Pascal Guillemain sensei (6<sup>th</sup> dan)**  
in Helsinki (Finland),  
January 24–26, 2020

**Venue:** Liikuntamyly Sports Hall, Jauhokuja 3, Helsinki  
Metro: Myllypuro (Direction: Mellunmäki)

**Schedule:**

<b>Friday Jan. 24:</b>	19.30–21.00
<b>Saturday Jan. 25:</b>	10.00–12.00
	14.30–15.30 <i>bokken</i> or <i>jo</i> *
	15.30–16.30
<b>Sunday Jan. 26:</b>	9.00–10.30

\* Please bring your own *bokken* and *jo*.

**Fees:** Whole seminar: 50 €  
Two days: 40 €  
One training session: 15 €

**Accommodation:** It is possible to stay overnight at Awase dojo (Cable Factory, Tallberginkatu 1 C, 4<sup>th</sup> floor, Helsinki). Price: 5 € / night. Please bring your sleeping bag!

**Further information:** Mari Wiklund: [mari@finnaiki.fi](mailto:mari@finnaiki.fi)

*The seminar is organized by Finn-Aiki club ([www.finnaiki.fi](http://www.finnaiki.fi)). Welcome!! ☺*