

# KI & AIKIDO SUMMER SEMINAR JULY 2014

Aikido summer in Denmark July 19.-24. with Doshu



**You are hereby** invited to our biannual summer seminar with **Doshu**. Like last time the venue is in the village of "Store Heddinge", in the heart of Stevns, about 50 km south of Copenhagen. In between classes, you can enjoy walks in the forest at Stevns cliffs (which is a UNESCO World Heritage candidate), the blue lakes of Faxe or just go to the beach, read more at:

<http://kalklandet.dk/>

There are train connections from Copenhagen to Store Heddinge, and the Motorway E47 passes nearby.

#### **Venue:**

##### **Stevnshallen**

Parkvej 3, 4660 Store Heddinge

We will be staying at a hostel 100 m from there:

##### **Danhostel – Store Heddinge**

Ved Munkevænget 1, 4660 Store Heddinge  
A small, good quality hostel.

It is also possible to stay at camping nearby (8 and 14 km!)  
[www.rodvigcamping.dk](http://www.rodvigcamping.dk) [www.stevnscamping.dk](http://www.stevnscamping.dk)

**Registration** to [michael@toitsu.dk](mailto:michael@toitsu.dk), before June 1.

For special reduced price: Reg. & pay the seminar fee **before April 1** and save 15 €.

Further information at <http://www.toitsu.dk/aikido-summer-2014>  
& [www.facebook.com/aikido.gladsaxe](http://www.facebook.com/aikido.gladsaxe).

#### **Schedule:**

##### **Saturday 19/7:**

13.00-15.00 Arrival and registration at hostel  
16.00-18.00 Aikido all  
19.00 Dinner

##### **Sunday 20/7 – Wednesday 23/7:**

7.00-7.45 Morning practise  
8.00-9.00 Breakfast  
9.30-11.00 Aikido all  
11.00-12.00 Instructors  
12.30-13.30 Lunch  
15.30-16.30 Instructors  
16.30-18.00 Aikido all  
18.30 Dinner

##### **Thursday 24/7**

8.00-9.00 Breakfast  
9.30-11.30 Aikido all  
12.30-13.30 Lunch and departure

Maybe, depending on the weather the training one of the days will be moved from afternoon to the evening.

Wednesday evening we will have a party!

#### **Seminar fee**

Practice: 125 €/ 940 Dkr whole seminar  
145 €/1080 Dkr Instructors

**Early birds, save 15 €** 110 €/825 Dkr whole seminar  
(Pay+reg. before April 1): 130 €/ 975 Dkr Instructors

**Food and lodging:** 250 €/1875 Dkr whole seminar  
54 €/400 Dkr a day

Rooms are for 4-6 people & 3 meals a day (meat/veggie).

Banking info: Toitsu - Ki & Aikido Dojo, Gladsaxe, Danske Bank,  
Bank code/Reg. no.: 1551, Account No: 16589411 IBAN: DK5430000016589411, BIC (SWIFT): DABADKKK