

# CRISSOLO

(Valle Po, sul monte Monviso) - IT Piemonte 1400 mt s.l.m.

## Summer Seminar CSEN 2021

### Adults and Children

# AIKIDO & MISOGI

July 31 – August 11, 2021



## Bruno Maule Shihan

CSEN National Referent for AIKIDO

The seminar is open to everyone after registration

**For information:**

Dojo Ronin Ki Aikido Novara

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Centro Sportivo Amos Novara - Dojo Ronin Ki Aikido Novara



Dojo Ronin Ki Aikido Novara



## PROGRAM

Saturday, July 31	Welcome to the CITTA' SUL MONTE from 2.00 pm
Sunday, August 1	Start of the seminar at 7.00 am
Tuesday, August 10	End of the seminar at 1.00 pm
Wednesday, August 11	Leave the room free by 9.30 am

**During the seminar there will be an examination session.**

<b>ADULT PRACTICE:</b>	<i>MISOGI</i>	from 7.00 am to 8.00 am
	<i>AIKIDO / WEAPONS</i>	from 8.30 am to 1.00 pm
<b>CHILDREN PRACTICE:</b>	<i>AIKIDO / WEAPONS</i>	from 10.00 am to 12.00 am

**Bring bokken, jo and tanto.**

**In the evening, videos from various Masters will be shown.**

**Every participant must be privately insured against possible accidents.**

**ACCOMMODATION:** La Città sul Monte - Crissolo (CN)

<b>MEALS:</b>	Breakfast	at 8.00 am
	Lunch	at 1.30 pm
	Dinner	at 7.30 pm

**Vegetarian and vegan menu on request**

**Rooms:** 2 to 12 people. The house provides sheets and blankets. **Bring your own towels.**

Toilets on the floors, with showers; hot water. Reserved parking. Two large dining rooms. Bar with TV and VCR. Possibility of video projections, sound system. Equipped games room. Large multipurpose courtyard with porch, volleyball court and 7-a-side football field. Collaboration in the dining room is welcome to clear the tables.

**LEISURE:** Volleyball, table football, table tennis, board games

**ESCURSIONS:** Pian del Re lakes (2020m)  
The Rio Martino cave (1530m)  
Balma Boves Sanfront (16 km from Crissolo)

**You can also:** visit the ancient village of Crissolo, the village Borgo, Ostana (included in the list of The most beautiful villages in Italy), take walks along the Po, along the woods, to the sanctuary of San Chiaffredo, at Pian della Regina (1714m), Pian del Re (2020m), Lago Fiorenza (2113m), Monte Tivoli (1791m).

We recommend: boots, anorak, sweater and headlamp

**Who does not want to stay in the structure can find accommodation at the hotels located in Crissolo.**  
**For information: Tourist Office, Crissolo – cellphone +39 329 210 7681**

**Reservations by June 30, 2021 (LIMITED PLACES).**



AIKIDO



ARMI



MISOGI



Grotta di Rio Martino



Lago Fiorenza - Pian del Re