Ulf Evenås
**50 years
in Aikido**
1968 - 2018

寒稽古

GOTHENBURG
INTERNATIONAL
KANGEIKO 2018

January 4–7, 2018
Shihan Ulf Evenås
7 Dan Aikikai

Gothenburg Aikido Club has a long tradition of organizing both mid-summer and mid-winter training, shochu-geiko and kan-geiko. For 25 years aikidoka from all over the world have been coming to these events to practice the traditional Takemusu Aikido curriculum under the supervision of Ulf Evenås Shihan.

Ulf-sensei will teach Takemusu Aikido – taijutsu, ken and jo – as learned directly from Morihiro Saito Shihan as his close student for 29 years. We will practice bukiwaza (ken and jo) as described in the five Mokuroku (transmission scrolls) and its many variations. We will practice taijutsu from basic forms (kihon) to ki no nagare and its variations, and explore the relationship (riai) between ken, jo and taijutsu.

Practicing Takemusu Aikido gives a great foundation and insight into the fundamentals of all Aikido, and this event is the perfect opportunity to learn the core of its curriculum, regardless of style or rank. You can stay in– or outside the dojo. You will train together with, and receive support from, highly qualified Aikidoka both from Gothenburg Aikido Club and all over the world.

We will practice at Frölunda Judo Club with 360 square meters of tatami, a fully equipped kitchen, and outdoor practice of ken and jo. From the dojo it's walking distance to one of the best beaches in the Gothenburg area, it's close to a shopping center, and the public transportation to the central part of the city is excellent.

Welcome,
Gothenburg Aikido Club & Ulf Evenås

Photo by Jöran Fagerlund

IAF
INTERNATIONAL AIKIDO FEDERATION
AIKIKAI

SVENSKA
AIKIDOFÖRBUNDET
合気道

合氣道
GÖTEBORGS
AIKIDOKLUBB

THE PROGRAM

Location	Frölunda Judo Club, Klubbvägen 8, Västra Frölunda.
Time	January 4–7, 2018
Fee	900 SEK (€ 100). Two days 600 SEK (€ 70) Payment before first training. Party: 160 SEK (€ 20). Notify participation when you register. Please inform us of any food restrictions, e.g. vegetarian, vegan, or other food intolerances.
Enrolment	Phone: +46 705 255569, email: info@takemusuaikido.org Deadline for registration: 2017–12–31
Accommodation	Frölunda Judo Club: 80 SEK (€ 10) per night. Bring sleeping bag. Gothenburg Aikido Club: 60 SEK (€ 6) per night. Bring sleeping bag. Good Morning Hotel Idrottsvägen 6, Mölndal, +46 (0) 31-679630 https://ligula.se/goodmorninghotels/molndal/
Other	Bring bokken and jo. Participants traveling by airplane can borrow weapons. All participants must be fully insured. Selling, advertising, and filming/photography during the sessions is forbidden without permission.

Schedule

Thursday 4/1			15.00 – 16.15	16.30 – 17.30	
Friday 5/1	10.00 – 11.00	11.15 – 12.15	15.00 – 16.15	16.30 – 17.30	
Saturday 6/1	10.00 – 11.00	11.15 – 12.15	15.00 – 16.15	16.30 – 17.30	19.00 – party
Sunday 7/1	10.00 – 11.00	11.15 – 12.15	13.00 – examinations		

Ulf Evenås, 7th dan Aikikai Shihan. In 2018 Ulf Evenås will have his 50–year anniversary in Aikido, including 49 years of Iwama Takemusu Aikido and 29 years as a close student of Morihiro Saito Shihan. He received 7th dan and was appointed Shihan (Takemusu Aikido) directly from Morihiro Saito Shihan, who also appointed Ulf-sensei as his personal representative. He also has a full teaching certification in Bukiwaza, the fifth level of the Mokuroku (transmission scrolls).

Ulf-sensei is the head instructor of the Gothenburg Aikido Club, and one of the most qualified, and experienced, Aikido teachers in the world. The International Aikido Federation (IAF) uses Ulf Evenås as their representing Shihan, technical coordinator and demonstrator in major events such as IAF:s Congress and World Combat Games. Ulf-sensei has been teaching 800 seminars in 25 countries worldwide.

Gothenburg Aikido Club started as a small group of enthusiasts in the late 1960's, under the leadership of Carl Hansson (1910–1996). In 1969 the group became more organized and the same year it began with Iwama Takemusu Aikido, introduced by sensei Takeji Tomita. With 48 years of experience in Iwama Aikido, Gothenburg Aikido Club is the oldest existing Iwama "style" dojo outside Japan.

Read more at: www.goteborgsaikidoklubb.se   *Photo by Jöran Fagerlund*