

# TAKEMUSU AIKIDO SHOCHU-GEIKO 2017

GOTHENBURG  
SWEDEN

暑中稽古

An intensive mid-summer Aikido week in Gothenburg, Sweden  
**July 3 – 8, 2017**

with **Shihan Ulf Evenås, 7 Dan**

Gothenburg Aikido Club has a long tradition of organizing both mid-summer and mid-winter training, shochu-geiko and kan-geiko. For nearly 20 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,  
Ulf Evenås & Gothenburg Aikido Club



合氣道  
GÖTEBORGS  
AIKIDOKLUBB



# THE PROGRAM

<b>Location</b>	Frölunda Judo Club, Klubbvägen 35 (house no. 8), Västra Frölunda.
<b>Time</b>	July 3–8, 2017
<b>Daily schedule</b>	There will be four classes a day (Saturday two) – ken, jo and taijutsu. On Monday there will be a welcome party and on Saturday a sayonara party.
<b>Fee</b>	One week SEK 1.100 (€ 120). Payment on arrival.
<b>Other</b>	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.
<b>Enrolment</b>	Phone: +46 705 255569 Email: <a href="mailto:info@takemusuaikido.org">info@takemusuaikido.org</a> Deadline for registration: 2017-06-29.
<b>Accommodation</b>	Frölunda Judo Club: 500 SEK (€ 55) per week (seven nights). Bring sleeping bag. Gothenburg Aikido Club: 350 SEK (€ 40) per week (seven nights). Bring sleeping bag. Good Morning Hotel Idrottsvägen 6, Mölndal, +46 (0) 31-679630 <a href="https://ligula.se/goodmorninghotels/molndal/">https://ligula.se/goodmorninghotels/molndal/</a>

## Ulf Evenås Shinan

Ulf Evenås is a 7th dan and an Aikikai Shihan. He has been studying Iwama Takemusu Aikido for 48 years, with 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. Ulf Sensei has a full teaching certification (five Mokuroku) in Bukiwaza from Morihiro Saito Shihan.

Ulf Sensei is one of the most qualified and experienced Aikido teachers in the world and is often used as the International Aikido Federation's (IAF) representative to teach and perform demonstrations at international events, including Japan. He has been invited to teach over 700 seminars in more than 20 countries on five continents.

## Gothenburg Aikido Club

The Gothenburg Aikido Club is one of the oldest Aikido Clubs in Scandinavia, with its roots in the 1960's. It began training Iwama Takemusu Aikido in 1969, and with more than 45 years of experience in Traditional Aikido, the club is the oldest existing Iwama "style" dojo outside Japan.

Read more at: [www.goteborgsaikidoklubb.se](http://www.goteborgsaikidoklubb.se)