

Aikido Shugyo 2020

with Fredrik Snell sensei 6 dan



Shugyo allows for a deeper understanding of Aikido. During five days, the participants are given the opportunity to immerse themselves both practically and theoretically in Aikido as well as in traditional etiquette.

Shugyo in Sweden started 2012 in Örebro and has been held in Mora since 2016. This year, Sollefteå Aikidoklubb will continue the tradition. The number of participants is limited to 24 and previous participants and those staying the entirety of Shugyo have priority.

- Date:** August 1-5, 2020. The seminar begins at 8.30 AM.
- Location:** Sollefteå Aikidoklubb, Skedom 109, 88192 Sollefteå
- Fee:** SEK 700
- Accommodation:** In the Dojo. For those travelling long distance, the Dojo will be at your disposal the day before the seminar begins.
- Enrolment:** solleftea.aikidoklubb@gmail.com, phone +46(0)76 813 34 23 (Karl Torell)
Additional information will be sent after enrolment.
- Other info:** A tobansystem will be arranged for breakfast.
- Web:** www.sollefteaaikidoklubb.se, [facebook.com/sollaiki](https://www.facebook.com/sollaiki)

Welcome to Sollefteå!

