

合氣道

# Seminar with Yoshigasaki Sensei

合氣道

- Fri 20 Nov
  - 19:00 – 21:00 (All)
- Sat 21 Nov
  - 09:00 – 11:00 (All)
  - 11:00 – 12:00 (Inst)
  - 14:00 – 15:00 (Inst)
  - 15:00 – 17:00 (All)
  - 17:00 Examinations
  - Ca 19:00 dinner open for everyone, more info will come later
- Sun 22 Nov
  - 09:00 – 11:00 (All)
  - 11:00 – 12:00 (Inst)
  - 14:00 – 15:00 (Inst)
  - 15:00 – 17:00 (All)



- Location
  - Järfälla Aikido Klubb
  - Jakobsbergs idrottshall
  - Travel info
    - Jakobsbergs station nearest trainstation
    - Metro to Akalla + bus 178 (get off at Frihetsvägen)
- Costs
  - 150 kr per pass
  - 650 kr alla pass
  - 750 kr alla pass inkl inst
- Other info
  - 13 years and up
  - Free candy and fruit
- Contact/questions
  - Email: [solna-aikido@ki-aikido.se](mailto:solna-aikido@ki-aikido.se)
  - <http://www.solna-aikido.se>