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JūShinKan Aikido
@ Stavanger MMA Center
invites you to a weekend seminar with:

Alessandro Costa

4. Dan Aikikai

4.-6. December 2009



Alessandro Costa is the main instructor of [RenWaKai dojo](#) in Bolzano (Italy). He is an active follower and very close student of Yasuno *Shihan*. Alessandro started Aikido in Torino, Italy, in 1993, under Nino Dellisanti (5.dan Aikikai) and later Alain Tendron (5.dan Aikikai). His Aikido has also been influenced by Endo *Shihan*, Yasuno *Shihan* and Tissier *Shihan*. He has 4. dan Aikikai (2009).

Place: Harald Hårfages Gate 15 (the Rubber-Factory) - 4014 Stavanger

(**Friday** 19.00-21.00 *Special introductory session by Andrea Raviglione*
Seminar attendees who arrive friday welcome! (no cost))

Schedule: **Saturday** 10.30-12.30
Lunch break
15.00-17.00 + social event

Sunday 11.00-13:00
Short break
14:00-15:30

(small changes are possible, find the latest news on our website – or on Facebook)

Price: Full seminar: 400 NOK – single session: 150 NOK
Juniors (19 and under) / Visitors from other clubs: 300 NOK – single session: 100 NOK

Accommodation: Private accommodation will be provided if needed. Please notify Jacqueline asap.

Stavanger JūShinKan Aikido
Contact: Jacqueline von Arb

<http://stavangeraikido.wordpress.com>
Mobil: +47 98 25 06 28 jacqueline.vonarb@uis.no

How to get to MMA Center:

📍 By car.

From South: Take E39 highway until you hit a roundabout, take a right (Madlaveien).

From North: Take E39, after Byhaugtunnelen, take a left by the roundabout with the Esso Station on to Madlaveien.

Both: Drive along Madlaveien, through Bergelandtunnelen, take a right then straight until you go through another small tunnel, take a left (Hesbygata, in the roundabout with the Statoil station, then left again (around the skating/basketball park) and there you are (red building, entrance under the Rubber-Style sign). Parking in front or on the side of the building.



📍 By bus from the center of Stavanger (Bus terminal and Train Station).

Walk around the little lake (Breiavannet) to the back of the Cathedral (Domkirken), find stop nr 40 (on Klubbgata, in front of Rogaland Avis office). Take buss number 1A or 1B direction Hundvåg (goes every 10-15 mn or so), go off at Kjelveve station (ca 4 mn, right after the small tunnel, with a roller-skating park on your left. Walk through or around the park to the red building with the Rubber Style sign and the Kampsport Senter sign.

TIP: ask for the “nærsonetakst”, it will cost you kr 13 (instead of 23).

📍 From the airport:

Get your luggage, walk through the revolving door, to your right, there is a “[Flybuss](#)” to Stavanger. Takes about 30 mn, at a cost of NOK 85,- one way, kr 130 for a return ticket. [Link to map for walk](#)
Get off at the end station called Fiskepiren (by the ferry pier). Then walk East along the Quay (Bekkhuskaien), follow Nedre Banegate to Harald Hårfagres Gate. Take a right before the Basketball courts, and you're there!

More help? Got Lost?: Call Jacqueline: +47 - 98 25 06 28

