

More Endo-rhines available i Stavanger!

There were at least a dozen of us "Norwegians" on the mats at the seminar with Endo Shihan in Stockholm (February 12-14 februar 2010), and, according to innumerable Facebook comments, there were many many more who really wished they were there, but were stuck back home for some reason or other. Marius Warholm Haugen, a seminar attendee from Trondheim Tekisuikan, summed up the weekend really well, saying we all came home "high on Endo-rhines".



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Those who missed this fantastic Endo-seminar, and those who would love to get a fill'er-up, might want to consider the seminar with Fabrice Somers, 5. dan, in Stavanger the long-weekend of Ascension (May 14-16) – Fabrice has after all followed Endo for over 12 years. Doshu just awarded him his 5th dan, on recommendation of Endo *Shihan*! You won't get much closer to Endo-aikido in this country!

Fabrice Somers began with Aikido in Septembre 1989 when he was just 14 years old, and achieved his *shodan* in 1992. The first *Shihan* he came in contact with in his native Belgium was *Sugano Sensei*, but another facette of Aikido rapidly took over, as it answered to his expectations and fit nicely to his temperament: Endo *Shihan's* understanding of aikido. Since then, Fabrice has followed Endo's teachings, both in Japan and when Endo is touring Europe – as soon as he has the chance, you will find Fabrice at those seminars!

It was after one of those seminars with Endo *Shihan* in Paris in 1998, that Fabrice decided to travel to Japan for the first time.

He was amazed by Endo's aikido and was sure that this was the way to follow for him. He remained in Japan for 2 months, livings with 5 different host families, working at a small *sake* shop, in addition to the 18 weekly hours at Hombu Dojo.

Fabrice travels to Hombu for 3-4 weeks every year, mainly to follow *Doshu* Moriteru Ueshiba's morning classes at 06.30 and Endo *Shihan's* classes (in addition to the weekly classes Endo gives at the Meijiro University). These two teachings of *kihon* (basics) with *Doshu* and with Endo *Shihan* are complementary and necessary for Fabrice's aikido practice.

Fabrice took his 4th *dan* at Hombu dojo in March 2003 (as the only Belgian so far); to make this come true, many criteria had to be filled, a.o. 3 years between 3rd and 4th *dan*, some months had to be spent in Japan and a minimum of 150 hours on the mats, locally!

Almost exactly 20 years after his first steps on the *tatami*, Fabrice realized his great dream of building his own *dojo*. Junten *Dojo* was named and inaugurated by Endo *Shihan* in Octobre 2009, who also honored the *dojo* with 2 of his own calligraphies for the *kamiza*.

And soon, in Mai 2010 vil Fabrice will hold his first international seminar as a 5th *dan* in Stavanger, Norway. **Why Stavanger? aikido.no wants to know.** Fabrice answers that Stavanger JuShinKan Aikido shows a good spirit and interest in working further with the ideas of Endo *Shihan*, not to mention the local hospitality!

So if you want to get some more of those Endo-rhines, consider a trip to Stavanger and practice with Fabrice Somers and 2-3 of the students from his *dojo*.

Oh, and by the way, you might want to consider coming early, since Thursday 15th is a free day, and perhaps join us for a daytrip to the Prekestolen on Friday (with Sensei and his students) – but don't tell him, it's a surprise!



-For more seminar info, check the [seminar poster](#), the [Facebook event](#), or the [JuShinKan Website](#)-