

JūShinKan Aikido invites to a Fjords'n'Aikido seminar with

Kayla Feder

6. Dan

10-12 Oktobre 2010
Stavanger, Norway

Friday 10 19.00-21.00 Aikido

Saturday 11 10.30-12.30 Aikido
Lunch break
15.00-17.00 Aikido
Evening: Social Event

Sunday 12 11.00-13.00 Aikido
Short break (bring snack)
14.00-15.30 Aikido

(Monday 13 9.00-16.00 Mountains'n'Fjords
(optional / dep. on weather)

Bring jo & bokken!

Location:
Karate dojo under the town bridge
Stavanger, Norway

(small changes possible, find latest news
on our website or on the facebook-event)

Price:
Full seminar: 500 NOK
Per 2-hr session: 200 NOK
Juniors ≤ 19: 400/150 NOK
Visiting Aikidoka: 400/150 NOK
Mountain&Fjord: optional
(at own cost)

Accomodation:
some private - or - free in dojo
(bring sleeping bag and mat).
Reserve early!

Contact:
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<http://stavangeraikido.wordpress.com>

Kayla Feder Sensei began her Aikido training in 1973 at the age of 9 and has trained continuously for 37 years and is the chief instructor at Aikido of Berkeley. Having studied directly under Saito Sensei in Japan, Feder brings a crisp and clear, yet circular and smooth technique, especially in weapon work, which will be emphasized at the seminar. Stavanger is the end station of her 4-week European tour (Amsterdam, Copenhagen, Vanadis in Stockholm, Germany, Switzerland and Stavanger).