

Bergen Aikidoklubb, in cooperation with Haugesund Aikidoklubb and Stavanger JuShinKan Aikido invite you to the third

# West Coast Aikido Festival 2011

4-6 February in Bergen

## Friday

20.00-21.30 Per Ivan Odland, 2. dan (Bergen)

## Saturday (there may be slight changes...)

09.30-11.00 Kristian Haugland, 1.dan (Bergen)

11.10-12.30 Bob Johnson, 3. dan (Stavanger)

- Lunch -

14.30-16:00 Kim A. Tinderholt, 1.dan (Haugesund)

16.10-17.20 grading 6.-1. kyu (Erik Vanem, NAF TC)

17.30-19.00 Erik Vanem, 3. dan (NAF Tech.Com & Oslo Aikidoklubb)

## Sunday

11.00-12.30 Joachim Spindelböck, 1. dan

(Bergen) 12.40-14.00 Mauro Aiello, 2. dan (Bergen)

**Yes!** Do bring weapons (*jo/bokken/tanto*) if you have!

**Place:** [Studentsenteret treningssenter](#) ([map](#))

**Price:** Full festival: kr 250 – single session: kr 70

**Accommodation:** Some private accommodation (limited number, contact [kristiin89@hotmail.com](mailto:kristiin89@hotmail.com) asap to reserve a spot – or reserve at the [Bergen YMCA](#) (from kr 180-230 pp in 6-man rooms)

**More info:** [kristian.haugland@gmail.com](mailto:kristian.haugland@gmail.com) or 415 09 869

For latest updates, see the [Facebook-event](#) or [Bergen's website](#)

**NB...** The Stavanger and Haugesund clubs are organizing club trips to the event – contact your instructors for details!

**Welcome to all aikidoka!**

B E R G E N  AIKIDOKLUBB



*The West Coast Aikido Festival started by Kim A. Tinderholt from Haugesund Aikidoklubb is a yearly event and cooperation between three aikido clubs of the Norwegian West Coast to promote good relations and ties between the clubs of the West.*

*The event rotates between the clubs: after Haugesund and Stavanger, Bergen is now hosting the third festival.*

*The instructors of all three clubs holding one session each, a grading being held, the price being kept very low and social get-togethers are all means to foster exchange, friendship, mutual support and a shorter road to each other's dojo – all in the spirit of ai-ki-do, blending, cooperation and helping each other grow.*

*Welcome!*

*(nb: small changes are possible, find the latest news on the [facebook event](#) or the [Bergen website](#)*