



Shinkiryu Aiki Budo Aikido Shinki Rengo

Daitoryu Aiki Jujutsu Bokuyokan - Itto-den Shinki Toho



Aikido Dan-Seminar

Heidelberg, Sat. 16 - Sun. 17 March 2024
(Budo-Dojo – Elsa-Brandström-Str. 8, 69126 Heidelberg)
Members of the Examination Committee and M. D. Nakajima, Shihan

Participation

- Aikidoka who have reached at least 1st kyu are allowed to participate.
- Members of the Heidelberg dojo who are involved in the organization of the course may train (only with each other) even if they have not yet reached 1st kyu.
- Kyu grades from other Dojos may observe and only participate with Soke's approval.

Schedule

Saturday 16.03.	Content	Extra-fee
09.30 – 10-00	Meditation	
10:15 – 12:15	Aikido (Shihan + 3 EC-Members)	25,00 €
abt. 12:45	Lunch at the dojo (Pizza may be ordered)	
from 14:00	Joint conference of the trainers' and examiners' commission	
16.30 – 18.30	Aikido (2 PK-Mitglied + Shihan) followed by an examination (please register in advance)	25,00 €

Sunday 17.03.		
09.30 – 10-00	Meditation	
10:00 – 12:00	Aikido (Shihan)	25,00 €

Details

Saturday, March 16, 2024

- **Morning Session:** The members of the examination board (Shihan and three others) will lead the training (30 minutes each) and demonstrate at least 2 techniques from the examination regulations.
- **Lunch:** see below.
- **Afternoon Session:** Trainers and Examination Commissions Meeting. During the meeting, the dojo can be used by the other participants for open training.
- **In the late afternoon,** the members of the examination board (Shihan and two others) will lead the training (two PK members 30 minutes each, Shihan 60 minutes). The 4th, 5th and 6th Dan holders will train together after the first hour of the afternoon training. Since this measure is a small substitute for the seminar for the holders of the high Dan grades, this special exercise should be taken seriously among themselves.
- **The examinations** take place at the end of the training on Saturday. Pre-registration at least 2 weeks in advance and approval by Soke is required. Essays must be submitted at least 4 weeks in advance in accordance with the examination regulations and the decision of the examination board.

Sunday, March 17, 2024

- Soke will lead the training for all participants. Holders of higher dan grades are strongly encouraged to participate as Soke will offer higher level instruction. In addition, other participants should be better supported by the holders of the higher Dan grades..

Cost

- The entire course costs €70 (€60 for Shinkiryu members) or €25 per session (see above). Members of the examination board take part free of charge.
- Online registration is required.
- The deadline for online registration and receipt of the participation fee is no later than March 8, 2024.
- Those missing the March 8 deadline will incur a slightly higher cost of 5€ administrative fee.

Required items

- Seat cushion or bench for meditation as well as tanto, sword and jo.

Reimbursement

- Members of the trainers and examination committees will be reimbursed for petrol. Car pools are highly encouraged.

Overnight accommodations

- Staying in the dojo overnight is possible.
- Hotel recommendations cannot be placed at that time. Please help yourself.

Meals

- Catered lunch (e.g., pizza) on Saturday will be finalized soon.
- A group dinner is also being planned. Details will be announced, here, soon.

Contact

Rick Soriano - rick.soriano@psv-hd.de

Exclusion of liabilities

- The organizer accepts no liability for damage or theft.
- All participants train at their own risk.
- Please take valuables into the dojo.
- Note: Showering and changing in the hall is possible.

[Online registration](#)