

## Arvika Aikido Dojo Iwama Ryu

Invites all regardless of rank, style and organisation to join us for a weekend of training with Hitohiro Saito Soke (born 1957). Saito Sensei is the only son and successor of Morihiro Saito Shihan. He began aikido training at age seven under his father and O'Sensei. In 2003 he founded the Iwama Shin Shin Aiki Shurenkai – Dento Iwama Ryu organization.

We are honoured to be able to invite Saito sensei for the second time to the small town of Arvika in the countryside of Sweden.

### Accommodation suggestions

Arvika offers a big variety of accommodation, both for those travelling alone or with friends from the dojo. In the city centre and close to the center you will find hotels, hostels and cabins.

Listed here you will find everything from 0-4000 m from the Seminar.

#### Hostels

Sandalen (< 3 min walk)  
[www.sandalen.se](http://www.sandalen.se)

#### Camping/Cabins

Ingstrand Camping (about 4 km from the dojo)

We have together with the company a great offer for you. If you want to rent a cabin we have negotiated a price reduction for every night. There are cabins for 4-6 people, perfect for groups.

(note Björn - Aikido camp when booking for 50 SEK discount per night)

[www.ingstrandcamping.se](http://www.ingstrandcamping.se)

#### Hotels

Jenny's (< 10 min walk)<  
[www.jennys.se](http://www.jennys.se)

Hotell Bristol (< 5 min walk)  
[www.bristolhotel.com](http://www.bristolhotel.com)

Hotell Oscar statt (< 5 min walk)  
[www.oscarstatt.se](http://www.oscarstatt.se)

Hotell Arkaden (< 5 min walk)  
[www.hotelarkaden.com](http://www.hotelarkaden.com)

## Etiquette

Be ready on the tatami 10 min before classes. Bring your own ken and jo (for bukiwaza classes).

No camcorders or cameras are allowed during the sessions. Spectators are not allowed except during the demonstration.

## Schedule

### Thursday 21 May 2009

14.30 - 15.30	Registration
16.00 - 17.15	Keiko 1
17.30 - 18.45	Keiko 2

### Friday 22 May 2009

08.00 - 08.20	Meditation **
08.30 - 09.45	Keiko 3
10.15 - 11.30	Keiko 4
15.30 - 16.45	Keiko 5
17.15 - 18.30	Keiko 6

### Saturday 23 May 2009

08.00 - 08.20	Meditation **
08.30 - 09.45	Keiko 7
10.15 - 11.30	Keiko 8
15.30 - 16.45	Keiko 9
17.15 - 18.30	Keiko 10
20.00 - 22.00	Dinner party

### Sunday 24 May 2009

08.00 - 08.20	Meditation **
08.30 - 09.45	Special keiko ***
10.15 - 11.30	Keiko 11

\*\* voluntary

\*\*\* from 2 Dan

The schedule might be adjusted by sensei during the seminar.

**Registration form (Please PRINT in capital letters)**



Last name \_\_\_\_\_  
First name \_\_\_\_\_  
Street \_\_\_\_\_  
City \_\_\_\_\_  
ZIP \_\_\_\_\_  
Country \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_  
Date of birth \_\_\_\_\_  
Dojo \_\_\_\_\_

**Registration deadline is April 15, 2009! Please pay in advance to our bank giro 354-9680 . MARK CLEARLY with your name, dojo and Saito seminar!!**

Thursday-sunday	___	1600 SEK (excl. special keiko+dinner party, incl. Lunch friday+saturday)
Thursday only	___	400 SEK
Friday only	___	800 SEK
Saturday only	___	800 SEK
Sunday only	___	200 SEK
Special keiko	___	300 SEK (from 2 Dan)
Dinner party	___	250 SEK
Vegetarian meal	___	

**I hereby certify that I have an insurance for practicing Aikido in Sweden.**

**Signature** \_\_\_\_\_

**Please send this form to:**

**Dirk Handzic**  
Trångstad Åsen  
67010 Töcksfors  
Sweden  
Phone: +46 573 62900 Fax: +46 573 62901  
[Email: dhandzic@plantron.se](mailto:dhandzic@plantron.se)

**2nd International Aikido seminar  
Aiki Ken, Aiki Jo & Taijutsu  
Hitohiro Saito Soke**



**21-24 May 2009 – Arvika SWEDEN**