

# TENSHINKAN AIKIDO DOJO



INVITES YOU TO SEMINAR

ON MAY 4TH – 6TH 2012

WITH THORSTEN SCHOO 5. dan



**Thorsten** is an Aikido pro with home base in Frankfurt, Germany since 1996. Graduated in philosophy and sports, his first training period in Aikido was under Nobuyoshi Tamura Sensei (until Shodan). From 1992 to 1999 he trained as a direct student under Christian Tissier Sensei (until yondan). For almost 20 years Thorsten travelled to Japan on a regular basis, visiting the Aikikai and the Shiseikan Dojo (Inaba Sensei). Since 2006 Thorsten has been learning Systema under Vladimir Vasiliev and since 2011 Systema assistant instructor with the permission to teach in his own school. Systema has for sure some influence on Thorsten's pedagogy and the understanding of atemi in Aikido. In 2007 Thorsten founded Seishinkai Aikido with its typical "4 pillar training" - soft, fluid and effective Aikido. See interview on [www.seishinkai.eu](http://www.seishinkai.eu) **Instruction will be in English.**

**Friday:** 18.00-20.00      **Saturday:** 10.00-11.50      **Sunday:** 10.00-12.00  
12.00-13.00  
**Minimum age of participants:** 13 years.      15.00-17.00

**Price:** NOK **600.-** for the whole camp or **200.-** per training. (100 for 2<sup>nd</sup> pass on Sat). To be paid **cash before** the start of seminar. Half price (on whole camp only) for aikidoka's travelling far, incl. Lillehammer and Rjukan dojos, visitors from abroad, present HAFOS pupils and participants under the age of 18.

**Saturday night:** we will go out for a meal / socialize.

**Travellers:** may sleep for free in dojo. Remember to bring sleeping bag and pillowcase.

**Place:** Tenshinkan Aikidoklubb, Bentsebrugata 13 H, entrance from the far gate. Situated in the central area of Sagene-Thorshov.

**Trams:** 11, 12 and 13.

**Buses:** 20, 37, 54, 56, 34, 21, 30.

**From Ring 3:** Metro or bus no 23 to Storo/Sinsen then tram/bus/walk.

**From Gardermoen:** Flybussekspressen Sinsen-Majorstua to Vogtsgate and 7 min walk to dojo or Flytoget (Airporttrain) to city center and then bus/tram.

**Visit our website:** <http://tenshinkan.no> for map and more.

**No registration necessary, you are all welcome!**