

# TENSHINKAN AIKIDO DOJO

INVITES YOU TO SEMINAR

ON APR 24th – 26th 2015

WITH T. SCHOO 6. Dan Seishinkai



**Thorsten** has been an Aikido pro since 1996. He was educated as an Aikido teacher by Christian Tissier (Paris) and has been strongly influenced by Inaba Minoru sensei (Tokyo) and Vladimir Vasiliev (Toronto). Thorsten has formed several yondans and many more sandans, all of them teaching Aikido themselves and forming the group of SEISHINKAI AIKIDO with its headquarter in Frankfurt, Germany ([www.seishinkai.eu](http://www.seishinkai.eu)).

The 4-pillar-training of SEISHINKAI AIKIDO (Aikido/Jo-Jutsu/ Ken-Jutsu/ Basic martial arts) is fluid, adaptable and intuitive in the sense of using principles of movement first, then creating the technique. Do not be worried as a beginner, Thorsten will explain and show what you need to experiment yourself!

**Instruction will be in English.**

**Friday: 18.00-20.00 Saturday: 11.00-13.00 Sunday: 11.00-13.00**  
**16.00-18.00**

**Price:** NOK **600.-** for the whole camp or each keiko **200.-**.  
To be paid **cash before** the start of the seminar.  
Half price (on whole camp price only) for aikidoka's from dojos more than 200 km away, visitors from abroad, present HAFOS pupils and participants 13-18 years of age.

**Minimum age of participants:** 13 years.

**Saturday night:** directly after the last keiko we will go out for a meal / socialize.

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

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

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

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

**Metro:** Sinsen + 10 min. walk.

**From Ring 3:** Metro or bus no 23 to Storo/Sinsen, then tram/bus/10-15 min. walk.

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

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

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