



Aiki Shuren Dojo Korntal

Uchideshi Week 10. - 14. July 2023 and Intensive Weekend 7.-9 July 2023

The Aiki Shuren Dojo Korntal invites Aikidoka to train intensively Dento Iwama Ryu Aikido as uchideshi for one week.

Program: (The content of the classes might change depending on amount participants and available space)

Friday Evening:	19.30 - 21.00 pm	Welcome class
Saturday:	09.00 - 10.15 am 10.30 - 11.45 am	Bukiwaza Taijutsu
	03.00 - 04.15 pm 04.30 - 05.45 pm	Taijutsu Bukiwaza
	From 06.00 pm	BBQ Party
Sunday:	09.30 - 10.45 am 11.00 - 12.15 am	Bukiwaza Taijutsu
Mo-Fr:	07.00 - 8.00 am from 9.30 am 19.30 - 21.00 pm	Buki Waza Jiyu Keiko (free practice) Buki Waza und Tai Jutsu

Cost:
Uchideshi Week: for accomodation, lunch and training: 180 Euro
Intensive weekend: 60 Euro (For participants of the uchideshi week: 40 Euro)
Payment: on-sight
Contac: info@aikido-korntal.de
Registration: <https://forms.gle/gyPBH775STJ8U9X66>

Accomodation: In Dojo - Please bring your own sleeping bag and sleeping pad.
Changing rooms and showers are available.
Sauna is available from a minimum number of three persons. Cost: 4 EUR per person
During your stay you can use the garden and a side room of the dojo.
Breakfast and dinner: next door there is a bakery and a supermarket.
Lunch: included in the price for the uchideshi week. The meal will be cooked together with the uchideshi.

The Dojo: The dojo has 160 members, 120 of them are kids and youths. A friendly and enjoyfull atmosphere combined with a concentrated intensive Aikido training is important for us in the same way as in the Tanrenkan, the dojo of our teacher Kaicho Saito Hitohira in Iwama, Japan. The classes are taught by the Dojo-cho Volker Hochwald (6.Dan).