

AIKIDO: A UNIQUE MARTIAL WAY

"True budo is to nourish life and foster peace, love and respect". M. Ueshiba (1883-1969)



GOSHINKAI GENERAL COURSE

Hosted by Bloomsbury Aikido Club (a UCL Alumni Aikido Group Club)

SATURDAY 19 NOVEMBER 2016

11:00 – 16:00

11:00 Registration. Please see www.bloomsburyaikido.co.uk for details.

11:15 – 12:45 Mike Smith, GSK Principal,
6th Dan Shidoin, Kidderminster Dojo,

12:45 – 13:40 Darren Wells, 2nd Dan, Gloucester Dojos

13:40 – 13:55 Break

13:55 – 14:50 Mike Smith

14:50 – 15:45 Barbara Sotowicz, 5th Dan Shidoin, Bloomsbury Aikido Dojo

15:45 – 16:00 Depart and lock up hall.

Course Fee: Standard £20; Students £15.

Suitable for all grades, aged 18+years. Beginners and visitors welcome.

Please bring:

1. **Evidence of insurance** to train (UK insurance or appropriate travel insurance for visitors from abroad). Without this, an *insurance fee of £7 will be added to the course fee.*

2. **Bokken and jo.**

3. There are **no mats** in The Upper Room so you are advised to bring suitable footwear for training on the wooden floor.

Course enquiries:

contact@bloomsburyaikido.co.uk

Mob: 07711906145



Location: **The Upper Room**, 8 Greenland Street, Camden Town, London NW1 0ND (*ring doorbell*)

www.posp.co.uk/the-upper-room/

Course Social: **Taste of Siam Restaurant**, 5mins walk from The Upper Room. Friends and Family welcome.

Goshinkai Aikido Association www.goshinkai.org.uk

UK Governing Body: British Aikido Board www.bab.org.uk

Goshinkai dan grades hold the International Yudansha Card issued by the Aikikai Foundation, Japan, www.aikikai.or.jp/eng.

Bloomsbury Aikido Club www.bloomsburyaikido.co.uk is a UCL Alumni Aikido Group Club: <https://aoc.ucl.ac.uk/alumni/alumni-community>