



# GOTHENBURG INTERNATIONAL NEW YEAR SEMINAR 2020

SVENSKA 合気道  
AIKIDOFÖRBUNDET



January 2–5, 2020

Shihan Ulf Evenås, 7 dan Aikikai  
assisted by Dan Borg, 6 dan Aikikai

Kan-geiko is a traditional training at the coldest time of the year, and through overcoming this hardship, you start the New Year as you want the rest of the year to be.

Gothenburg Aikido Club has been organizing kan-geiko for more than 25 years. Aikidoka from all over the world have been coming to practice Traditional Aikido under the supervision of Ulf Evenås Shihan. Ulf Sensei will teach Takemusu Aikido – taijutsu, ken and jo, as learned directly from Morihiro Saito Shihan as a close student for 29 years. In 2019, Ulf sensei has been training Iwama Takemusu Aikido for more than 50 years!

He will teach ken and jo, as described by Morihiro Saito Shihan in the five Mokuroku (transmission scrolls), and it's many variations. We will practice Taijutsu from basic forms to ki no nagare, and explore the relationship (riai) between ken, jo and taijutsu. The seminar is open to everyone, regardless of rank or "style." This is an occasion when aikidoka from all over the world come together to meet old friends and make new; but most of all – to practice Aikido in the spirit of Morihiro Saito Shihan. We will practice at Frolunda Judo Club, with 360 square meters of tatami, fully equipped kitchen. From the dojo it is walking distance to a shopping center, and the public transportation to the central part of the city is excellent.

### Uchideshi week

Followed by the seminar, there will be an uchideshi-week taught by Dan Borg 6 dan, and Günter Annby 6 dan, both top students of Ulf Evenås Shihan. Don't miss this opportunity to practice under, and get to know top instructors from the newer generation.

Welcome,  
Gothenburg Aikido Club & Ulf Evenås



合気道  
GÖTEBORGS  
AIKIDOKLUBB



# THE PROGRAM

- Location** Frölunda Judo Club, Klubbvägen 8, Västra Frölunda.
- Time** January 2–5, 2020
- Fee** 1000 SEK (€ 110). Two days 600 SEK (€ 70) Payment before first training.  
Party: 160 SEK (€ 20). Notify participation when you register.  
Please inform us of any food restrictions, e.g. vegetarian, vegan, or other food intolerances.
- Enrolment** Phone: +46 705 255569, email: [info@takemusuaikido.org](mailto:info@takemusuaikido.org)  
Deadline for registration: December 30, 2019
- Accommodation** Frölunda Judo Club: 75 SEK (€ 10) per night. Bring sleeping bag.  
Gothenburg Aikido Club: 75 SEK (€ 10) per night. Bring sleeping bag.  
Good Morning Hotel Idrottsvägen 6, Mölndal, +46 (0) 31-679630  
<https://ligula.se/goodmorninghotels/molndal/>
- Other** Bring bokken and jo. Participants traveling by airplane can borrow weapons.  
All participants must be fully insured. Selling, advertising, and filming/photography during the sessions is forbidden without permission.
- Uchideshi week** It will be held at Gothenburg Aikido Club. For further information, see website & Facebook.

## Schedule

Thursday	2/1			15.00 – 16.15	16.30 – 17.30	
Friday	3/1	10.00 – 11.00	11.15 – 12.15	15.00 – 16.15	16.30 – 17.30	
Saturday	4/1	10.00 – 11.00	11.15 – 12.15	15.00 – 16.15	16.30 – 17.30	19.00 – party
Sunday	5/1	10.00 – 11.00	11.15 – 12.15	13.00 – examinations		

**Ulf Evenås** is a 7th dan Aikikai Shihan. He also received 7th dan and was appointed Shihan (Takemusu Aikido) directly from Morihiro Saito Shihan, who also appointed Ulf-sensei as his personal representative. He also has a full teaching certification in Bukiwaza, the fifth level of the Mokuroku (transmission scrolls).

Ulf-sensei is the head instructor of the Gothenburg Aikido Club, and one of the most qualified, and experienced, Aikido teachers in the world. The International Aikido Federation (IAF) uses Ulf Evenås as their representing Shihan, technical coordinator and demonstrator in major events such as IAF:s Congress and World Combat Games. Ulf-sensei has been teaching 800 seminars in 25 countries worldwide.

**Gothenburg Aikido Club** started as a small group of enthusiasts in the late 1960's, under the leadership of Carl Hansson (1910–1996). In 1969 the group became more organized and the same year it began with Iwama Takemusu Aikido, introduced by sensei Takeji Tomita. With 50 years of experience in Iwama Aikido, Gothenburg Aikido Club is the oldest existing Iwama "style" dojo outside Japan.

Read more at: [www.goteborgsaikidoklubb.se](http://www.goteborgsaikidoklubb.se)