

暑中稽古

GOTHENBURG INTERNATIONAL SHOCHU-GEIKO 2022

July 4–9, 2022

Shihan Ulf Evenås, 7 dan Aikikai

After two years of not being able to organize our annual summer event, we are now happy to invite you this year's summer event – Shochu-geiko 2022.

Gothenburg Aikido Club has a long tradition of organizing mid-summer and mid-winter training, Shochu-geiko and kan-geiko – training at the warmest and coldest time of the year. Since the late 90:s, Aikidoka from all over the world have been coming to study under the supervision of Ulf Evenås Shihan.

Ulf Evenås Sensei will teach Takemusu Aikido – ken, taijutsu and jo, as he learned them directly from Morihiro Saito Shihan as a close student for 29 years. We will practice basic bukiwaza and its variations, taijutsu from kihon to ki no nagare and its variations, and explore the relationship between ken, taijutsu and jo (riai).

The seminar is open to everybody, regardless of Aikido style and rank. You will train together with highly qualified, as well as all levels, with Aikidoka from all over the world. This is an opportunity to practice Aikido on a high level, and to meet old friends and make new.

The training will take place at Frölunda Judo Club, with 360 square meters of tatami, and possibilities for outdoor practice of ken and jo. The Judo club has a fully equipped kitchen, it is located near a big shopping center and has excellent public transportation to the central part of the city.

Welcome,
Gothenburg Aikido Club & Ulf Evenås





THE PROGRAM

Embukai at Aikijinja 1982, Ulf Evenås Shihan with Saito-sensei, photo by Shigemi Inagaki.

Location	Frölunda Judo Club, Klubbvägen 35, Västra Frölunda, Sweden
Time	July 4–9, 2022
Fee	1100 SEK (€ 120). Payment before first training. (Swedish participants can pay by Swish)
Enrolment	Phone: +46 705 255569, email: info@takemusuaikido.org Deadline for registration: June 27, 2021
Accommodation	Frölunda Judo Club: 80 SEK (€ 9) per night. Bring sleeping bag. Gothenburg Aikido Club: 60 SEK (€ 7) 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.
Schedule	There will be four classes a day (Saturday two) – ken, taijutsu and jo. On Saturday there will be examinations and a Sayonara party.

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 (5th level) in Bukiwaza, with all five Mokuroku (transmission scrolls) from Morihiro Saito Sensei.

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. The club has invited many famous teachers, such as Morihiro Saito Shihan, Hiroshi Isoyama Shihan, Shigemi Inagaki Shihan, Hiroshi Yonemochi Shihan, Bill Witt Shihan, Paolo Corallini Shihan, Hiroki Nemoto Shihan, David Alexander Sensei, Hitohira Saito Sensei, Pat Hendricks Shihan, Stanley Pranin Sensei and more. With over 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