

# 寒稽古



## GOTHENBURG INTERNATIONAL NEW YEAR SEMINAR 2023 Traditional Kangeiko in Gothenburg, Sweden



SVENSKA 合気道  
AIKIDOFÖRBUNDET

January 2–5, 2023  
Shihan Ulf Evenås, 7 dan Aikikai

Kangeiko 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 have been organizing this event for more than 30 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 2023 Ulf Sensei has been training Iwama Takemusu Aikido for 54 years! Ulf Sensei 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 Frölunda 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.

Welcome,  
Gothenburg Aikido Club & Ulf Evenås



### **Please observe:**

• If the Covid-19 situation changes and Public Health Agency of Sweden changes the current restrictions, we have to follow these, and the seminar can be cancelled with short notification. The organizer cannot take any responsibility for costs for the participants due to this.

合気道  
GÖTEBORGS  
AIKIDOKLUBB



# THE PROGRAM

<b>Location</b>	Frölunda Judo Club, Klubbvägen 8, Västra Frölunda.				
<b>Time</b>	January 2–5, 2023				
<b>Fee</b>	1000 SEK (€ 100). Two days 600 SEK (€ 70). Payment before first training. Party: 200 SEK (€ 20). Notify participation when you register. Please inform about any food restrictions, e.g. vegetarian/vegan, allergy etc.				
<b>Enrolment</b>	Phone: +46 705 25 55 69, email: kangeiko2023@gmail.com Deadline for registration: December 29, 2022				
<b>Accommodation</b>	Frölunda Judo Club: 80 SEK (€ 8) per night. Bring sleeping bag. Gothenburg Aikido Club: 80 SEK (€ 8) per night. Bring sleeping bag. Good Morning Hotel Idrottsvägen 6, Mölndal, +46 (0) 31-679630 <a href="https://ligula.se/goodmorninghotels/molndal/">https://ligula.se/goodmorninghotels/molndal/</a>				
<b>Other</b>	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.				
<b>Schedule</b>					
Monday	2/1			15.00 – 16.00	16.15 – 17.15
Tuesday	3/1	10.00 – 11.00	11.15 – 12.15	15.00 – 16.00	16.15 – 17.15
Wednesday	4/1	10.00 – 11.00	11.15 – 12.15	15.00 – 16.00	16.15 – 17.15 19.00 – party
Thursday	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 (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. 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)