

# 暑中稽古

## GOTHENBURG INTERNATIONAL SHOCHU-GEIKO 2023

July 3-8, 2023

Shihan Ulf Evenås, 7 dan Aikikai

### **Dear aikidoka – dear friends!**

*The covid pandemic was a hard time for Aikido all over the world. Many seminars were cancelled and participation declined.*

*However, it gave us the time to reflect and go back to basics.*

*For me that meant looking back at my 54 years of practise, and 29 years as a close student of Morihiro Saito Shihan with almost 2 years as an uchideshi.*

*The uchideshi didn't only learn Aikido during keiko. We also learned in the daily work in the dojo premises with Saito sensei. He told us important things and there was an opportunity to ask questions. The uchideshi came close to each other and to the teacher.*

*When our summer event started in 1999, we were few and we had time to talk, also between the classes, and lifetime friendships with fellow aikidoka from all around the world were developed.*

*After the pandemic has passed, we will again be fewer, but also able to get closer together. We will have more time to talk, share memories, tell stories, explain details and answer questions, and deepen the understanding of Iwama Takemusu Aikido.*

*I hope many of you will join, and continue to shape the future of Aikido!*

In Aiki,  
Ulf Evenås 

SVENSKA 合気道  
AIKIDOFÖRBUNDET



合気道  
GÖTEBORGS  
AIKIDOKLUBB





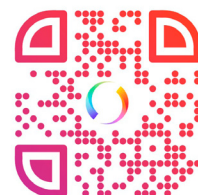
# THE PROGRAM

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.

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.

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.

- Location** Frölunda Judo Club, Klubbvägen 35, Västra Frölunda, Sweden
- Time** July 3–8, 2023
- Fee** 1200 SEK (€ 120). Payment before first training.  
Swedish participants can pay by Swish (1232143154) or the QR-code:
- Enrolment** Phone: +46 705 255569, email: info@takemusuaikido.org  
Deadline for registration: June 25, 2023
- Accommodation** Frölunda Judo Club: 80 SEK (€ 8) per night. Bring sleeping bag.  
Good Morning Hotel, <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 also be examinations and a Sayonara party.



Monday – Friday	10.00–11.15	11.30–12.30	16.30–17.45	18.00–19.00
Saturday	10.00–11.00	11.15–12.15	13.00 Examinations	17.00 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). During the first years the group didn't have a permanent place to practice, but in 1969 it got a permanent training facility at a Judo Club, became more organized, and started taking in beginners. The same year it began with Iwama Takemusu Aikido, introduced by Takeji Tomita Sensei. In 1972 Gothenburg Aikido Club opened in its own dojo. With half a century of experience in Iwama Aikido, Gothenburg Aikido Club is the oldest existing Iwama "style" Aikido dojo outside Japan.

For more than 40 years Gothenburg Aikido Club has been established as a center of Takemusu Aikido. The club has invited many famous teachers, for instance, Morihiro Saito Shihan, Hiroshi Isoyama Shihan, Shigemi Inagaki Shihan, Hiroshi Yonemochi Shihan, Bill Witt Shihan, Paolo Corallini Shihan, Hikori Nemoto Shihan, David Alexander Sensei, Hitohira Saito Sensei, Pat Hendricks Shihan, Stanley Pranin Sensei and more.

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