

GOTHENBURG INTERNATIONAL NEW YEAR SEMINAR 2024

The traditional kangeiko
in Gothenburg, Sweden

January 4–7, 2024

Shihan Ulf Evenås, 7 dan

Assistant Jöran Fagerlund, 6 dan

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

Gothenburg Aikido Club has been organizing kangeiko since 1991. Aikidoka from all over the world have been coming to practice Takemusu Aikido – under the supervision of Ulf Evenås Shihan.

Ulf Sensei will teach Takemusu Aikido as he learned it directly from Morihiro Saito Shihan as a close student for 29 years. In 2024 Ulf Sensei has been training Iwama Takemusu Aikido for 55 years!

Ulf Sensei will teach ken and jo, and it's many variations, taijutsu from basic forms to ki no nagare, and explore the relationship (riai) between ken, jo and taijutsu. This year assisted by Jöran Fagerlund 6 dan and Shido-in.

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



SVENSKA 合気道
AIKIDOFÖRBUNDET



合気道
GÖTEBORGS
AIKIDOKLUBB

THE PROGRAM

Location Frölunda Judo Club, Klubbvägen 8, Västra Frölunda, Sweden

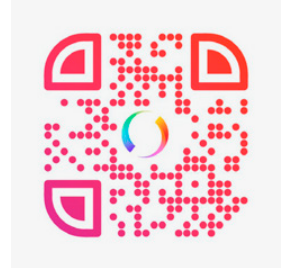
Time January 4–7, 2024

Fees **Seminar:** 1100 SEK (€ 100)
Two days: 600 SEK (€ 60)
Payment before first training.

Party: 200 SEK (€ 20).
Notify participation in the party when you register.

Please inform about any food restrictions, e.g. vegetarian/vegan, allergy etc.

Swedish participants can pay by Swish (1232143154) or the QR-code:



Enrolment **Email:** kangeiko2024@gmail.com
Phone: +46 705 255569
Deadline for registration: December 29, 2023

Accommodation Frölunda Judo Club: 90 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

Thursday			15.00–16.00	16.15–17.15	
Friday	10.00–11.00	11.15–12.15	16.00–17.00	17.15–18.15	
Saturday	10.00–11.00	11.15–12.15	16.00–17.00	17.15–18.15	19.00– party
Sunday	10.00–11.00	11.15–12.15	12.30–13.30 (class or examinations)		

Ulf Evenäs 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 Evenäs 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.

Joran Fagerlund Sensei is a 6th dan Aikikai and Shido-in. He has been training Iwama Takemusu Aikido for 40 years and has spent 15 months as uchideshi under Morihiro Saito Shihan in Iwama. Joran has 4th level of teaching certification in Bukiwaza (Mokuroku transmission scrolls) directly from Morihiro Saito Sensei.

Joran Sensei is the Chairman of Gothenburg Aikido Club, former a member of International Aikido Federations Directing Committee and accountant in IAF, Chairman of the Swedish Aikido Federation and is a member of the Swedish Aikido Federation Grading Committee.

Gothenburg Aikido Club was founded in the late 1960's by Carl Hansson (1910–1996). In 1969 Iwama Takemusu Aikido was introduced by Takeji Tomita sensei. In 2024 the club will celebrate its 55th birthday. It is the oldest existing Iwama "style" dojo outside Japan.

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 organiser cannot take any responsibility for costs for the participants due to this.