

# 暑中稽古



## GOTHENBURG INTERNATIONAL SUMMER SEMINAR 2024

An intensive Takemusu Aikido week  
in Gothenburg, Sweden

**July 1 – 6, 2024**

Shihan Ulf Evenås, 7 dan  
assisted by Jöran Fagerlund, 6 dan

*The mid-summer (Shochu-geiko) seminar has a tradition since 1999 in Gothenburg. Aikidoka from more than 20 countries, from all over the world, have been coming to study under the supervision of Ulf Evenås Shihan.*

*Ulf Sensei will teach Iwama Takemusu Aikido as he learned it directly from Morihiro Saito Shihan as a close student for 29 years and from 55 years experience. Ulf Sensei will teach ken and jo, its variations, taijutsu from basic forms to ki no nagare and explore the relationship 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!*

*During the day we will train, in the evenings we will relax and talk about aikido – we live aikido! Like uchideshi in Iwama. On Saturday there will be a Sayonara party.*

*We will practice at Frolunda Judo Club, with 360 square meters of mat, possibilities for outdoor training and a fully equipped kitchen. It is walking distance to a shopping center, and there is excellent public transportation to the central part of the city.*

Welcome,  
Gothenburg Aikido Club & Ulf Evenås 

SVENSKA 合気道  
AIKIDOFÖRBUNDET



合気道  
GÖTEBORGS  
AIKIDOKLUBB



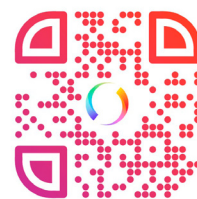
# THE PROGRAM

**Location** Frölunda Judo Club, Klubbvägen 35, Västra Frölunda, Sweden

**Time** July 1–6, 2024

**Fee** **Full seminar** 1300 SEK (€ 130). Payment before first training.  
**Early Bird full seminar** (register and pay before May 31): 1100 SEK (€ 110).  
**Sayonara party** 100 SEK (€ 10). Not included in seminar fee!

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



**Enrolment** Phone: +46 705 255569, email: info@takemusuaikido.org  
 Deadline for registration: June 28, 2024

**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	10.00–11.00	11.15–12.15	16.00–17.00	17.15–18.15
Saturday	10.00–11.00	11.15–12.15	13.00 Examinations	17.00 Sayonara party

**Ulf Evenås** is a 7th dan and an Aikikai Shihan. He has been studying Iwama Takemusu Aiki for 55 years, and was a close student of Morihiro Saito Shihan for 29 years. He was appointed 7th dan and Shihan (Takemusu Aikido) directly by Morihiro Saito Shihan, and his personal representative. Ulf Sensei has a full teaching certification, and grading authorization, in Bukiwaza (Mokuroku), from Morihiro Saito Shihan.

The International Aikido Federation (IAF) uses Ulf Evenas as their representing Shihan, instructor, technical coordinator and demonstrator in major events such as World Combat Games, IAF:s Congresses and he will teach again in the IAF Summit in Tokyo in October 2024. Ulf Sensei is one of the most qualified and experienced Aikido teachers in the world, and has been teaching 800 seminars worldwide.

**Jöran 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. Jöran has 4th level of teaching certification in Bukiwaza directly from Morihiro Saito Shihan.

Jöran Sensei is a former 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** 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)