



# GOTHENBURG INTERNATIONAL SUMMER SEMINAR

## ULF EVENÅS 8 DAN SHIHAN

Assisted by Jöran Fagerlund, 6 dan

**June 30 – July 5, 2025**

An intensive Takemusu Aikido week  
in Gothenburg, Sweden

*The mid-summer (Shochu-geiko) seminar has been a tradition in Gothenburg since 1999. Over the years aikidoka from more than 20 countries have coming to train under the guidance of Ulf Evenås Shihan.*

### **Traditional Aikido in the spirit of Morihiro Saito Shihan**

Ulf Sensei will teach Aikido as he learned it directly from Morihiro Saito Shihan having been a close student for 29 years and a long-time uchideshi. The seminar will cover, and analyze, ken, jo and taijutsu from basic to advanced forms as well as the relationship between ken, jo and taijutsu.

The seminar is open to everyone, regardless of rank or style. This is a unique opportunity for aikidoka from all over the world to meet old friends and to make new ones.

### **Beyond training**

During the day we will train. In the evenings we will relax and talk about aikido – we live aikido! Like uchideshi in Iwama. On Wednesday evening there will be a special session dedicated for explain Traditional Aikido, Morihiro Saito Shihan's teaching methodology and the experience of being an uchideshi. On Saturday there will be a celebration and 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 for those who stay in the dojo. It is walking distance to a shopping center and to the beach, and 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** June 30– July 5, 2025

**Fee** **Full seminar** 1400 SEK (€ 140). Payment before first training.  
**Early Bird full seminar** (register before May 31): 1200 SEK (€ 120).  
**Sayonara party** 150 SEK (€ 15). Not included in seminar fee!

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

**Enrolment** Phone (Marijan): +46 705 41 65 57, email: [info@takemusu aikido.org](mailto:info@takemusu aikido.org)  
Deadline for registration: June 27, 2025

**Accommodation** Possible at Frölunda Judo Club: 80 SEK (€ 8) per night. Bring sleeping bag.

**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

Monday – Tuesday	10.00–11.00	11.15–12.15	17.00–18.00	18.15–19.15
Wednesday	10.00–11.00	11.15–12.15	17.00–18.00	18.30– “Remembering Saito Sensei” • Ibaraki Shibu Dojo 80 years • Stories from traditional Aikido • Something to eat and drink
Thursday – Friday	10.00–11.00	11.15–12.15	17.00–18.00	18.15–19.15
Saturday	10.00–11.00	11.15–12.15	13.15 Examinations	17.00 Sayonara party

**Ulf Evenås** 8 dan Aikikai and Shihan. He is one of the highest graded and most experienced Aikido instructors in the world, having taught over 800 seminars worldwide.

In 2007 Ulf Sensei was appointed Aikikai Shihan and in January 2025 he was promoted 8 dan by Aikido Doshu Moriteru Ueshiba.

The International Aikido Federation (IAF) entrusts Ulf sensei as an instructor and demonstrator at major events such as the World Combat Games and IAF Congresses. In October 2024, he was one of four Western teachers at the IAF Summit in Tokyo.

Ulf Sensei started Aikido in 1968 and began training Iwama Takemusu Aikido in 1969. In 1973, he became one of the first long-term uchideshi under Morihiro Saito Shihan, spending six months in Iwama. He returned for an extended stay in 1977 and returned thereafter regularly for both long and short periods as uchideshi.

For 29 years, he was one of Morihiro Saito Sensei's closest students. He was appointed Shihan in Iwama Takemusu Aikido and Saito Sensei's personal representative in 1992, and promoted to 7th dan in Iwama Takemusu Aikido in 2001. He also received full teaching certification in Bukiwaza (Mokuroku), granted directly by Saito Shihan.

**Jöran Fagerlund** Sensei is a 6th dan Aikikai and Shidoin and a student of Ulf Sensei's. 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). With more than half a century of experience in Iwama Aikido, Gothenburg Aikido Club is the oldest existing Iwama “style” Aikido dojo outside Japan.

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)

