



# GOTHENBURG INTERNATIONAL NEW YEAR SEMINAR

**January 2 – 5, 2026**

The traditional Kan-geiko  
in Gothenburg, Sweden

## ULF EVENÅS, 8 DAN SHIHAN And Jöran Fagerlund, 6 dan shidoin

Kan-geiko is a traditional training held during the coldest time of the year. By enduring and overcoming this challenge, you can begin the New Year in the spirit you wish to carry through the rest of it.

Gothenburg Aikido Club has been organizing Kan-geiko since 1991. Aikidoka from all over the world have come to practice Traditional Aikido under the guidance of Ulf Evenås Shihan, who this time will be co-teaching with Jöran Fagerlund, 6th Dan, Shidoin. Ulf Sensei, together with Jöran Sensei, will teach Takemusu Aikido – taijutsu, ken, and jo – as they learned it directly from Morihiro Saito Shihan during their time as uchideshi. They will explain the principles and the meaning behind the techniques and exercises.

We will practice taijutsu from basic forms to ki no nagare, and explore the relationship (riai) between ken, jo, and taijutsu.

On Saturday, there will be a special session about Aikido as taught by Morihiro Saito Shihan – what defines Traditional Aikido, and what it meant to be an uchideshi under Saito Sensei in Iwama, in the years following O-Sensei's passing and beyond.

The seminar is open to everyone, regardless of rank or style. It is an opportunity for aikidoka from around the world to come together – to meet old friends, make new ones, and most of all, to practice Aikido in the spirit of Morihiro Saito Shihan. Training will take place at Frölunda Judo Club, which offers 360 square meters of tatami and a fully equipped kitchen. The dojo is within walking distance of a shopping center, and public transportation to the city center is excellent.

Welcome,  
Gothenburg Aikido Club



SVENSKA 合気道  
AIKIDOFÖRBUNDET



合気道  
GÖTEBORGS  
AIKIDOKLUBB

# THE PROGRAM

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

**Time** January 2– 5, 2026

**Fee** **Full seminar** 1100 SEK (€ 110). Payment before first training.  
**Two days** 600 SEK (€ 60)  
**Party** 200 SEK (€ 20). Not included in seminar fee!

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



**Enrolment** Phone: +46 705 41 65 57 (Marijan), email: info@takemusuaikido.org  
Deadline for registration: December 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

Friday 2/1				16.00 – 17.00	17.15 – 18.15	
Saturday 3/1	10.00 – 11.00	11.15 – 12.15	15.00 – 16.00	16.15 – 17.15	18.00	Special session and party
Sunday 4/1	10.00 – 11.00	11.15 – 12.15	15.00 – 16.00	16.15 – 17.15		
Monday 5/1	10.00 – 11.00	11.15 – 12.15	13.00 – examinations			

**Ulf Evenäs** is an 8th dan Aikikai Shihan. He is one of the highest ranked and most experienced Aikido instructors in the world, having taught over 800 seminars worldwide. Ulf-sensei began training Aikido in 1968 and Iwama Takemusu Aikido a year later. 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 period in 1977 and subsequently came back regularly for both long and short periods as an uchideshi.

For 29 years, he was one of Morihiro Saito Sensei's closest students. In 1992 he was appointed Shihan in Iwama Takemusu Aikido and Saito Sensei's personal representative. In 2001 he was promoted to 7th dan in Iwama Takemusu Aikido. He also received 5th level of teaching certification in Bukiwaza (Mokuroku transmission scrolls) directly by Morihiro Saito Shihan. In 2007, Ulf-sensei was appointed Aikikai Shihan directly from Doshu Moriteru Ueshiba and in 2025 he was promoted 8th dan Aikikai.

The International Aikido Federation (IAF) entrusts Ulf-sensei with instructing and demonstrating 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.

**Jöran Fagerlund** is a 6th dan Aikikai and Shidoin. He has been training Iwama Takemusu Aikido for more than 40 years and has spent 15 months as uchideshi under Morihiro Saito Shihan in Iwama. Jöran has 4th level of teaching certification in Bukiwaza (Mokuroku transmission scrolls) directly from Morihiro Saito Sensei. In 1999 Saito Sensei used Jöran as uke in his recreation of Aikido founder Morihei Ueshiba's book "Budo" from 1938.

He has been an instructor at the Gothenburg Aikido Club for more than 30 years. Jöran is regularly invited to give seminars in several locations in Sweden and abroad.

Jöran is now a member of the national Swedish grading committee. In the past he has held the position as treasurer or chairman for Swedish Aikido for a decade and he has been auditor and member of the board of the International Aikido Federation.

**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)