



GOTHENBURG INTERNATIONAL SUMMER SEMINAR

June 29 – July 4, 2026

SHIHAN ULF EVENÅS, 8 DAN

Co-teacher Sensei Jöran Fagerlund, 6 dan shido-in

The mid-summer seminar, the Shochu-geiko, has been a tradition in Gothenburg since 1999. Over the years, aikidoka from more than 20 countries have come to train under the guidance of Ulf Evenås Shihan, who now teaches together with Sensei Jöran Fagerlund.

Traditional Aikido in the Spirit of Morihiro Saito Shihan

For six days, Ulf Sensei, together with Jöran Sensei, will teach Aikido as it was learned directly from Morihiro Saito Shihan. Ulf Sensei was a close student of Saito Shihan for 29 years and as 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 make new ones.

During the day, we will train. In the evenings, we will relax and talk about Aikido – we live Aikido, just like uchideshi in Iwama. On Wednesday evening, there will be a special session dedicated to explaining Traditional Aikido, Morihiro Saito Shihan's teaching methodology, and the experience of being an uchideshi. On Saturday, there will be a Sayonara party.

Training will take place at Frölunda Judo Club, which offers 360 square meters of mat space, opportunities for outdoor training, and a fully equipped kitchen for those staying in the dojo. It is within walking distance of a shopping center and the beach, with convenient public transportation to the city center.

Welcome,
Ulf, Jöran and 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** June 29 – July 4, 2026
- Fee** **Full seminar** 1 400 SEK (€ 140). Payment before first training.
Early Bird 1 200 SEK (€ 120) Registered before May 31.
Sayonara party 150 SEK (€ 15).
- 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: June 27, 2026
- Accommodation** Possible at Frölunda Judo Club: 90 SEK (€ 9) 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 29/6	10.00 – 11.00	11.15 – 12.15	17.00 – 18.00	18.15 – 19.15	Welcome toast
Tuesday 30/6	10.00 – 11.00	11.15 – 12.15	17.00 – 18.00	18.15 – 19.15	
Wednesday 1/7	10.00 – 11.00	11.15 – 12.15	17.00 – 18.00	18.30	Iwama Aikido stories, eat and drink.
Thursday 2/7	10.00 – 11.00	11.15 – 12.15	17.00 – 18.00	18.15 – 19.15	
Friday 3/7	10.00 – 11.00	11.15 – 12.15	17.00 – 18.00	18.15 – 19.15	
Saturday 4/7	10.00 – 11.00	11.15 – 12.15	13.15	Examinations	17.00 Sayonara Party

Ulf Evenås Sensei is an 8 dan and Shihan Aikikai and one of the most experienced Aikido teachers in the world, having taught over 800 seminars worldwide.

The International Aikido Federation (IAF) entrusts Ulf Evenås as their representative Shihan, instructor, technical coordinator, and demonstrator at major events such as the World Combat Games and IAF Congresses. In October 2024, Ulf Sensei was one of four Western teachers at the IAF Summit in Tokyo.

Ulf Sensei was a close student of Morihiro Saito Shihan for 29 years and have been studying Iwama Takemusu Aiki for more than 55 years. He also spent about two years as an uchideshi under Saito Sensei in Iwama. Ulf Sensei was appointed 7th dan and Shihan (Iwama Takemusu Aikido) by Morihiro Saito Shihan and designated as his personal representative. He holds a full teaching certification in Bukiwaza (Mokuroku), granted directly by Morihiro Saito Shihan.



Jöran Fagerlund is a 6th dan Aikikai and Shido-in. 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 Federation 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.