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# INVITATION TO SOTO-DESHI WEEK IN GOTHENBURG

June 28–July 2 and July 5–9, 2010

with

**Shihan Ulf Evenås, 7 Dan, Aikikai**

For more than 20 years over 200 Aikidoka from all over the world have stayed as Uchideshi at the Gothenburg Aikido Club and trained under my supervision.

Since these weeks have become increasingly popular, I have been forced to turn applications down. In order to solve this problem I organized the first Sotodeshi week in 2008, with a limited number of participants in order to keep a close and “family” atmosphere.

In December 2009 there were already too many registrations for both Uchideshi weeks. Therefore I have decided to make two Sotodeshi weeks in 2010 – an “Ulf Evenås Summer School.”

I have chosen the Frölunda Judo Club for this event. It is possible to stay in this dojo; they have a fully equipped kitchen and a big training hall. The location gives us the possibility to train outdoors and the dojo is situated about two kilometers from the beach.

During these two weeks I will go through basic as well as advanced Aikido. Since there are not so many students, I will have time to work on a more individual basis with everybody. You can choose to come for one or two weeks.

The weeks are open to everyone, but you should know some basics with ken and jo.

Welcome,

Ulf & Gothenburg Aikido Club



合氣道

GÖTEBORGS  
AIKIDOKLUBB



## The Programme

**Location:** Frölunda Judo Club, Klubbvägen 8, Västra Frölunda.

**Time:** Week 1: June 28 – July 2, 2010  
Week 2: July 5 – July 9, 2010

**Daily Schedule:** For those who arrive earlier or want to stay in the dojo, I will be at Frölunda Judo Club from Sunday at 17.00 or contact me.

*Schedule: Monday – Friday:*

08.30–09.30 Bukiwaza

10.00–11.00 Taijutsu

17.00–18.00 Bukiwaza

18.30–20.00 Taijutsu

On Monday there will be a welcome party, and on Friday a Sayonara party.

**Fee:** SEK 1.100 (€ 115) for one week, SEK 2.000 (€ 210) for both weeks.

The fee includes training and the parties on Monday and Friday.

Price for the parties for family members and Gothenburg Aikido Clubs members:

Monday SEK 75 and Friday SEK 125. Children free.

**Other:** Bring Bokken and Jo. • All participants must be fully insured. • Sales are permitted by Gothenburg Aikido Club only. • Filming or photography during the sessions is forbidden without permission.

**Enrolment:** Phone Gothenburg Aikido Dojo: +46 31 410590, or [info@takemusuaikido.se](mailto:info@takemusuaikido.se)

Direct phone to Ulf Evenås: +46 705 255569

Deadline for registration: 2010-06-18.

Limited number of participants.

## Gothenburg Aikido Club

The Gothenburg Aikido Club is one of the largest dojos in Scandinavia, beginning as Iwama Takemusu Aikido in 1969. With more than 40 years of experience in Traditional Aikido, the club is the oldest existing Iwama "Style" dojo outside Japan.

## Ulf Evenås

Ulf Evenås is 7 dan Aikikai and Aikikai Shihan. He was also awarded 7 Dan and full teacher certification in Bukiwaza (5th level) by Morihiro Saito Sensei, who appointed Ulf a Shihan and his personal representative in the northern half of Europe, Russia and Australia. Ulf teaches Aikido at seminars worldwide and has taught 500 seminars, in 20 countries – on five continents!

**Accommodation** Gothenburg Aikido Club or Frölunda Judo Club: 150 SEK per week (six nights). Bring a sleeping bag. • Low price Hotel Formule1, walking distance to dojo, tel. +46 (0)31 492400, [www.hotelformule1.com](http://www.hotelformule1.com) • Göteborgs Vandrarhem, Mölndalsvägen 23, +46 (0)31-40 10 50, [www.goteborgsvandrarhem.se](http://www.goteborgsvandrarhem.se) • Nice Bed & Breakfast AB, Utlandagatan 18, +46 (0)31-20 21 50, [www.hotelnice.se](http://www.hotelnice.se) • You can rent a cabin, bring a tent or a caravan to the nearby beach (Askimbadet). [askim.strand@liseberg.se](mailto:askim.strand@liseberg.se), Tel: +46 (0)31 28 62 61, <http://www.liseberg.com/en/home/Accommodation/Camping/Lisebergs-Camping-Askim-Strand/> • There is also a possibility to park your caravan next to the dojo and use electricity and toilets from the dojo, at a low cost. • More suggestions at <http://www.goteborg.com/templates/Page.aspx?id=705> • Bring your family; they can enjoy the beach and the summer in Gothenburg. • If you need any help – contact us.