

superweek

2024

11.-18. Juli

with super focus

Sunyata Aikido dojo Heggedal invites to a full week of training with Mouliko Halén 7. Dan.

5 sessions per day with super focus, total 37 sessions. 20 min of each session is devoted to grading techniques.

We want the participants to attend the whole week to keep the group dynamics.

An opportunity to experience an uchi deshi week (live in the dojo).

Training fee 3000,- NOK

Register in advance, mouliko@online.no. Limited to maximum 16 participants – first come, first served.

Free accommodation in dojo – food programme possible.

Thursday 11th

18.00 - 19.00

19.10 - 20.10

Friday - Thursday

09.00 - 10.00 weapons

10.10 - 11.10

11.20 - 12.20

17.00 - 18.00

18.10 - 19.10

19.10 - 19.25 after class summary



Welcome!



Sunyata
Aikido Dojo