SUPERWEEK

16-23 JULY 2026

FOCUS ON GRADING TECHNIQUES

Sunyata Aikido Dojo Heggedal invites to a full week of Aikido training with Mouliko Halén 7dan.

5 sessions per day, all together 37 sessions.
20 min on each session with focus on grading techniques (can vary slightly).

We want the participants to attain the full week if possible, for group dynamics. This is an opportunity to experience an Uchideshi week (live in the Dojo, practice together and have a good time).

Free accommodation in the Dojo. We encourage people to create a food-sharing program and cook together.

Limited to max 16 participants to ensure a personal experience and good follow-up.
First come, first served.

Thursday 16 th
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

Please register in advance by e-mail to mouliko@online.no

Once fee is paid, you have a place!

Please pre pay:
3000,- NOK before July to this bank account:

Ki-senteret Oslo
Mouliko Halén
Org nr. 88350112
Account: 1506.85.65372

Mark the payment: Superweek, name of person and length of stay.

Welcome to the joy of Aikido training!

Sunyata
Aikido Dojo