

Superweek 2021

WITH SUPER FOCUS

AIKIDO SUPERWEEK 2021

Thursday 8 July to Thursday 15 July 2021

Sunyata Aikido dojo
Heggedal invites to a full
weeks 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
attending the entire week
to keep the group dynamics.

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

Training fee 2500,- NOK

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

Free accommodation in
dojo – food programme
possible.

www.sunyata.no

Welcome!

Thursday 8th

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



Mouliko Halén 7. Dan



KORONA

Vi trener i tråd med
gjeldende retningslinjer.
Hvis det fortsatt er strenge
koronaregler i juli, trener
vi våpen hele uka.

*We follow current guidelines.
If there are strict corona rules
in July, we'll be training
weapons all week.*



Sunyata
Aikido Dojo