

PETTERI SILENIUS

28-30 Nov 2025

Friday and Saturday : Aikido

Prize :

Only Friday 300 NOK

Only Saturday 400 NOK

Friday & Saturday 600 NOK

Place:

Sunyata Aikido Dojo Heggedal,
Heggedal fabrikker, Åmotveien 2
(bygg 11, right at the end of the road).

Sunday : Katori (closed group)

Katori Shinto Ryu Weapon training

Prize : 500 NOK

Schedule

Friday (Aikido)

18:00 - 19:00

19:10 - 20:30

Saturday (Aikido)

11:00 - 13:00

15:30 - 17:00

Sit together after
training

**Sunday (Katori)
(closed group)**

11:00 - 13:00 Katori

15:30 - 17:30 Katori

Ta med jo og bokken

Petteri Silenius
started aikido 1978
Aikido 7th dan shihan Aikikai

Kyoshi menkyo Katori shinto ryu under
Sugawara Tetsutaka-sensei

Professional budo instructor since 1992

Long time close student with senseis
Kobayashi Yasuo, Igarashi Kazuo and
Sugawara Tetsutaka

Other martial arts: iaido,
escrima, pekiti tirsia.

For mer informasjon ring
Mouliko Halén: 93027309

Welcome!



Sunyata
Aikido Dojo



Foto: Nina Silenius