

PETTERI SILENIUS

30 Oct -1 Nov 2026
Friday and Saturday : Aikido

Friday & Saturday 700 NOK
one session: 250 NOK

Place:

Sunyata Aikido Dojo Heggedal,
Heggedal fabrikker,
Åmotveien 2
1389 Heggedal

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

For more informasjon
Mouliko Halén: 93027309
eller
mouliko.halen@gmail.com

Welcome!



Sunyata
Aikido Dojo

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.



Foto: Nina Silenius