

# PETTERI SILENIUS

24 - 26 March 2023

*Sunyata Aikido Dojo Heggedal inviterer til leir med Petteri Silenius, 7 dan Shihan Aikikai*

## Place

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

## Price

Whole seminar kr. 900,-  
Per session kr. 150,-

## Schedule

### FRIDAY

18.30-19.30 Weapon  
19.40-20.40 Aikido

### SATURDAY

11.00 - 12.00 Weapon  
12.10 - 13.10 Aikido  
15.00 - 16.30 Aikido  
Dojo party  
after training

### SUNDAY

11.00 - 12.00 Weapon  
11.00 - 12.00 Aikido

Ta med jo og bokken

For mer informasjon ring  
Mouliko Halén: 93027309

**Welcome!**



Sunyata  
Aikido Dojo

Petteri Silenius  
started aikido 1978

Aikido 7th dan shihan Aikikai

Kyoshi menkyo Katori shinto ryu under  
Sugawaa 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.