

sunyata

WITH SUPER FOCUS

2022

AIKIDO SUPERWEEK 2022

Thursday 14 July to Thursday 21 July

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

Thursday 14 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

Welcome!



Photo: Sigurd Rage

Mouliko Halén 7. Dan



Photo: André Walgren

Payment details

BIC: DNBANOKKXXX

IBAN-kontonummer: NO2015036401815

Account: 15036401815 (Sunyata Aikido Dojo Heggedal)



Sunyata
Aikido Dojo