

# Superweek 2022

WITH SUPER FOCUS

## 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](http://www.sunyata.no)

*Welcome!*

### 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



Photo: Sigurd Rage

Mouliko Halén 7. Dan



Photo: André Walgren