

superweek 2023

WITH SUPER FOCUS

AIKIDO SUPERWEEK 2023

Thursday 13 July to Thursday 20 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 3000,-
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

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



Mouliko Halén 7. Dan

Payment details

BIC: DNBANOKKXXX

IBAN-kontonummer: NO2015036401815

Account: 15036401815 (Sunyata Aikido Dojo Heggedal)



Sunyata
Aikido Dojo