



# AIKIDŌ 合気道

## ROME 2011



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# Cognard André Shihan 8<sup>th</sup> Dan

June 11<sup>th</sup> – 12<sup>th</sup> 2011 Centro Sportivo di via Montona 13, Rome

info: [www.aactg.it/roma2011](http://www.aactg.it/roma2011)



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The Seminar is open to everyone.  
All affiliations, levels and juniors are welcome.

### SCHEDULE

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#### SATURDAY 11<sup>th</sup> June 2011

10:00 am – 12:00 noon **Aikishintaiso**  
(the class is free and open to everyone)

3:00 pm – 5:00 pm **Aikido**

6:00 pm General Assembly of the KAKKHH

#### SUNDAY 12<sup>th</sup> June 2011

9:00 am – 10:30 am **Aikido**

11:00 am – 12:30 am **Aikido**

### FEES

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**Aikido** class 40€

Full-day Sunday (**Aikido**) 60€

Entire Seminar 80€

**Aikido** class for children (less than 12 years) 15€

### NOTE

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- The Aikishintaiso class is free and open to all adults interested to approach this discipline. It is suggested to wear a dogi or comfortable clothing. This class is for practicing only (no bystanders).
- For the Aikido classes is necessary to have jo and bokken.
- A sport insurance is required to attend.

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