

Aikido seminar

5-7 September 2014

Eric Graf

4th dan

Eric Graf sensei started practising aikido in 1996 under Quaranta sensei. In 2011, at the age of 34, he earned his 4th dan.

For six years he trained under Ikeda sensei. The last three years from 1999 until 2002 he was daily in the dojo in Zurich and then started with genkikai and hojo practice. He trained in many international seminars in Europe and Japan.

He is managing three dojos in Switzerland, giving seminars in Serbia and Macedonia and has written articles and books on aikido, hojo and genkikai.

Eric is very interested in all kinds of aikido, meditation, gymnastics and energetical work that seek harmony and promote peace on physical, emotional and spiritual level.

Now, after more than 18 years of continuous and dedicated training, he will be giving a seminar for the third time at Sanshinkai Aikido Utrecht in the Netherlands.

Participation is open and at your own risk although injuries should be prevented. Arrive at least 20 minutes before each training and bring zori, towel, bokken, jo and tanto.

Reservation is recommended for seminar, dinner and free accommodation.

Please bring your own lunch suiting your personal needs or to share with others. Free drinks and fruit are available. On Saturday evening it is possible to have dinner and drinks together.

Dates and times	Friday 5 September 19:30 - 22:00 Saturday 6 September 10:00-12:30 & 15:00-17:30 Sunday 7 September 10:00-12:30
Location	Tamboersdijk 9, Utrecht, free parking
Prices	4 trainings € 52 2 trainings € 36 3 trainings € 47 1 training € 21
Discounts	U-pas or student 25% with valid card, € 10 discount is given for reservation of full seminar before 15 August
Reservation	http://utrecht.sanshinkai.eu/ teachers/registration-seminar



合気道