

Tekisuikan NTNU Aikido
2.-4. of May 2008
Frank Ostoff



Tekisuikan NTNU Aikido welcome all aikido practitioners to a weekend seminar with **Frank Ostoff** (5.dan). The seminar will be held at the sport center in Dragvoll. We will arrange private accommodation for all visitors we have room for. Please bring your sleeping bag and notify us as early as possible so that we will be able to make all necessary arrangements.

Training schedule

Friday	18.00-20.00	
Saturday	10.30-12.30	
	Lunch	To get to the sport center take bus number 5
	15.00-17.30	to Dragvoll . It is the final destination.
Sunday	11.00-12.30	
	12.45-14.15	

Price

The seminar price is 400 NoK, but we offer all visitors a 50 % discount. This includes a simple lunch during the break between the Saturday training sessions. Saturday evening we will dine at a restaurant (the dinner is not included in the prize); the details will be given at the seminar.

Contact information

For further information please contact Silje Nes Skrede (silje.skrede@gmail.com)

We welcome all visitors, please sign up!