

Tekisuikan NTNUI Aikido Club  
**October 15. to 17. 2010**  
Jorma Lyly



Tekisuikan NTNUI Aikido Club have the pleasure of welcoming all aikido practitioners to a weekend seminar with Jorma Lyly (5. dan Aikikai) **October 15. to 17. 2010**. Please bring your bokken.

**Training schedule**

<b>Friday</b>	1800 - 2000
<b>Saturday</b>	1015 - 1055 (bokken) 1100 - 1300 1500 - 1700
<b>Sunday</b>	1030 - 1230

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### **Seminar location**

Dragvoll sport centre. To get to the sport centre, take bus number **5** to **Dragvoll**, it is the final destination. The bus ride from the city centre to Dragvoll takes approximately 20 to 25 minutes.

### **Accommodation**

As most of our club's members are students we have limited capacity to offer private accommodation. However, where there is a will there is a way. Notify us and we will provide accommodation for you.

As an other option we recommend Trondheim youth and family hostel <http://www.trondheimvandrerhjem.no/>.

### **Price**

The price for the seminar is 500 NOK (400 NOK for visitors) or 150 NOK for each of the the classes, and 100 NOK for the bokken class.

### **Food and social events**

We will probably gather at a pub after the training on Friday evening. Saturday we will provide a simple lunch that is included in the seminar price. Saturday evening we will gather at a restaurant.

### **Contact**

For further information and registration (for the accommodation), please contact **Tor Nordam**, aikido-leder@stud.ntnu.no.

**You are most welcome!**