

Tekisuikan NTNUI Aikido Club  
**November 12. to 14. 2010**  
Jan Nevelius



Tekisuikan NTNUI Aikido Club have the pleasure of welcoming all aikido practitioners to a weekend seminar with Jan Nevelius (6. dan Aikikai) **November 12. to 14. 2010**. Please bring your bokken.

### Training schedule

<b>Friday</b>	1930 - 2100
<b>Saturday</b>	1015 - 1055 (bokken) 1100 - 1300 1500 - 1700
<b>Sunday</b>	1015 - 1145 1200 - 1330

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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 600 NOK (500 NOK for visitors), or 200 NOK for each of the the classes on Saturday, 150 NOK for each of the Friday and Sunday 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!**