

Intensive seminar at Bourg Yagyu

Japan currently prohibits the entry of foreigners. It seems that business visas will be reinstated late August and visas for foreign students late September. For tourist visas, there is no certainty. So, it doesn't seem possible to consider a fall seminar in Yagyu.

The seminar in Yagyu is a tradition and there is no question of ending it. To ensure the transition with the years to come, Bourg Argental will temporarily change its name and become **Bourg Yagyu**.

Meaning that the seminar will take place **at the Hombu Dojo**.

The dates will be from **October 2 to 11**. (arrival on the evening of the 1st)

As in Yagyu, sleeping and meals will take place at the Dojo.

The hours will be: **7: 00 -7: 45 Zazen 8: 45 -12: 00 aikiken aikijo 13: 30- 17: 30 aikiken**

The rules are the same as in Yagyu: Very strict discipline. No part-time is possible. Participation is required in all classes without exception. Sleeping in the dojo is compulsory. The small dojo will be reserved for women. Remember to bring a down. (No need to make requests for an exemption of classes, they will all be rejected. Sleeping at the dojo is compulsory even if you live in Bourg Argental.) Meals will be organized with a local caterer. (We will negotiate the best possible price so that it is very reasonable). They will be taken on the main outdoor corridor set up for this purpose.

As space is less limited than in Yagyu, we can accept more people. The minimum grade required to register will be Sandan. (exceptions are possible for Akamon students) The number will be limited to thirty-five.

Remember that the work is very intensive, that you will be tested very seriously, and without the possibility of backing out unless you withdraw completely.

If you have never been to Yagyu, ask the veterans of this seminar.

If the adventure tempts you, register very quickly with aaasecretariat@aikido.fr

The price of the course excluding meals will be 250 euros payable before September 5.

Prepare yourself before the seminar. Start this preparation at least a month before the beginning. Detoxification cure: eat little and healthy food, no alcohol, no tobacco. Sleep, work on your physical condition.

Come with a strong determination.

Grading exams will take place on the last day. You will be able to prepare outside of class times.

There are regular lessons in the dojo after our lesson schedule. You will not be allowed to participate and must leave the dojo free.