



Intensive seminar AIKISHINTAISO

« Bourg-Yagyu »

Directed by Cognard Hanshi



The Bourg-Yagyu seminar last year was as intense as announced and the participants demonstrated their determination, commitment and resistance!

We will continue the work this summer with a new proposal:

From Monday 5 to Sunday 11 July 2021

Arrival on Sunday 4/07 in the evening (no meal planned).

Départ Monday 12/07 in the morning. A festive meal is planned for Sunday 11/07 in the evening.

The work will be intensive:

Example of organizing a day:

7h – 8h : meditation

9h – 12h : aikishintaiso

14h – 16h30 : aikishintaiso with boken or jo

16h30 – 17h : meditation

We will also practice in the dojo park and in the surrounding mountain.

The price of the seminar is 220 euros (meals are not included in this price) payable before June 20, 2021.

The rules are the same as in Yagyu: Very strict discipline. Participants are required to stay for the length of the seminar and attendance to all courses is compulsory. Sleeping on site is compulsory.

Meals will be organized with a local caterer (daily estimate: 50 euros).

This time too, you will be tested very seriously. If you give up then and without the possibility of walking. Failure to participate in a course will lead to the exclusion from the seminar.

Given the level of requirement of practice, registrations are subject to our approval. Register swiftly by sending an email to aaasecretariat@aikido.fr

Prepare yourself and start this preparation at least one month before the seminar.

Detox cure: eat little and healthy foods, no alcohol, no tobacco. Sleep, work on your physical condition. Arrive with a strong determination.

