



**2<sup>nd</sup> intensive seminar AIKIKEN - AIKIJO**  
**« Bourg-Yagyu »**

*Directed by Cognard Hanshi*



The participants in last year's Bourg-Yagyu (all ranks) were heroic. They demonstrated that they were able to respect the tradition of physical and moral commitment that their predecessors had established in Yagyu. So again, the question is: can we do us better?

We invite you to participate in this new adventure and thus write the history of our school :

**From Tuesday 14 to Wednesday 22 September 2021**

Arrival on Monday 13/09 in the evening (no meal planned).

Departure Thursday 23/09 in the morning. A festive meal is planned for Wednesday 22/09 in the evening.

Classes will take place all day (if you are new to Bourg-Yagyu, inquire with those who have experienced it).

The price of the seminar is 250 euros (meals are not included in this price) payable before September 2, 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](mailto:aaasecretariat@aikido.fr)

For those whose level is lower than 1st kyu, a recommendation from their teacher will be requested.

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.

