



**1<sup>st</sup> intensive seminar AIKIKEN - AIKIJO**  
**« Bourg-Yagyu » - SANDAN or more**

*Directed by Cognard Hanshi*



Bourg-Yagyu's seminar last year was as effective as we had hoped. The Yagyu tradition has been respected. The question is: can we do better?

We have decided to continue this work with the following proposal, which remains consistent with last years :

**From Friday 3 to Saturday 11 September 2021**

Arrival on Thursday 2/09 in the evening (no meal planned).

Departure Sunday 12/09 in the morning. A festive meal is planned for Sunday 11/09 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 August 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](mailto:aaasecretariat@aikido.fr)

Remember that this internship is only for people with at least a Sandan rank.

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.

