



INVITATION
INTERNATIONAL AIKIDO SEMINAR
BEMMEL

led by

Frans Reijnen and
Anne van der Aa

Saturday 05 and Sunday 06 November 2022

PROGRAM : Techniques 2nd DAN

THEMES : relationship Nage / Uke

space management

role of uke

Times :

Saturday	13:00 – 15:00
break	15:00 – 16:00
	16:00 – 18:00
Sunday	10:00 – 12:00
lunch	12:00 – 13:30
	13-30 – 15:30

EVERYONE WELCOME

- Participation in costs 20 euros per day. Payment in cash on the spot.
- Suggestion to have dinner together on Saturday evening. Lunch on Sunday noon included in the price.
- Would you like to spend the night from Saturday to Sunday? Let us know and we'll see what the possibilities are.
- Registration before October 30 is required, stating whether or not you are present for the joint dinner.
- Use one of the e-mail addresses below for information and/or registration.