

HELLENIC BIRANKAI

15 - 17
October
2010

program

Friday, 15 October (Athens Aikido)

17.00 - 18.00 Teachers only

18.15 - 19.15 body arts

19.30 - 20.30 body arts

21.00 BBQ - All welcome

Saturday 16 October (Aikido Dojo at Kolonos)

09.30 - 11.00 Teachers only

11.15 - 12.15 body arts

12.30 - 13.30 body arts

Lunch time

16.30 - 17.30 weapons/body arts split class

17.45 - 18.45 Iaido

19.00 - 21.00 Teachers & dan gradings

Sunday 17 October (Aikido Dojo at Kolonos)

10.00 - 11.00 Iaido

11.15 - 12.15 weapons

12.30 - 13.30 body arts

13.45 - 14.45 body arts

50€ full seminar
25€ per day

aikido

SEMINAR

with

Mike Flynn Shihan

6th dan

www.birankai.gr