



齋藤守弘直伝

Minnesota Aiki Shuren Dojo

Est. 2001

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# Minnesota-Sweden Traditional Aikido Friendship Seminar August 15 - August 18, 2019

## Training Schedule

### **Thursday, August 15th**

7:30 p.m. - 9:00 p.m. Training

### **Friday, August 16th**

10:00 a.m. - Noon Training

Noon - 2:30 p.m. Lunch Break

2:30 p.m. - 5:00 p.m. Training

6:30 p.m. - 10:00 p.m. Hajime ([Map](#))

### **Saturday, August 17th**

10:00 a.m. - Noon Training

Noon - 2:30 p.m. Lunch Break

2:30 p.m. - 4:30 p.m. Training

7:00 p.m. Banquet @ TBA

### **Sunday, August 18th**

9:45 a.m. - Noon Training TBA

Instructors:  
Sensei Lasse Andersson - 7th Dan  
Sensei Mark Larson - 6th Dan

## Pricing

	<b><u>Standard</u></b>	<b><u>Student</u></b>
Friday	\$90	\$70
Saturday	\$80	\$60
Sunday	\$50	\$40
Full Weekend	\$170	\$120

## Seminar Location

**Salk Middle School** ([Map](#))  
11970 Highland Rd NW  
Elk River, MN 55330

*Please bring your own  
ken, jo and tanto*

## Hotel Options

### **Country Inn & Suites**

(Next to Hajime Restaurant, Elk River)

Discounted Suites available (\$150 discounted to \$125)  
Ask for aikido seminar rooms when making reservation.  
763-241-6990 ~ ([Website](#)) ~ ([Map](#))

Email questions to: [info@aikido-shuren-dojo.com](mailto:info@aikido-shuren-dojo.com)