



## **Aikikai Ireland Technical Committee One Day Seminar**



**Date:** 30<sup>th</sup> November 2024

**Venue:** MCR Community Hall, Mail Coach Road, Sligo

**Aikido training:** 1.00pm – 2:30pm

**Break:** 2.30pm – 3pm

**Gradings:** 3pm – 4.30pm

**Aikido Training:** 4:30pm – 6pm

**Cost:** €25.00

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