



合氣道



Invite you to 18th summer school led by Mr.

## Michele Quaranta

6. Dan Aikikai Hombu, technical director of SAA

10. 8. 2013 – 16. 8. 2013

**Information:**

<b>Arrival and registration:</b>	Saturday 10.8.,	13.00 – 15.00	
<b>Beginning of summer school:</b>	Saturday 10.8.,	17.00 – 19.00	- this day is not meals
<b>Daily program:</b>	7.30 – 8.45	Aiki-ken, Aiki-jo, Hojo	- 9.00 breakfast
	10.00 – 12.00	1st. aikido training,	- from 12.05 lunch
	16.30 – 18.30	2nd. aikido training,	
<b>End of summer school:</b>	Friday 16.8.,	12.15	- finishing by lunch
<b>Tariffs:</b>	200,- EUR, trainings, 6 x half pension and accommodation included,		
<b>Form of payment:</b>	In cash during registration - Saturday 10.8.2013.		
<b>Summer sch. will take place in (also point of registration):</b>	GYM AŠK Slávia, Rybníková 15, Trnava.		

**Please do not forget:**

For the summer school you can sign in ONLY after filling the application form, on latest 26.7.2013!!!  
 Signing in is BINDING! The number of participants is limited by 140 people.  
 You can take only some trainings.

*Hakama - 1.<sup>st</sup> DAN Aikikai Hombu, JO, BOKKEN, TANTO the bring with you*

Further requirements and application forms to:  
 Roman Ilavský, email: [ilavsky@aiten.sk](mailto:ilavsky@aiten.sk)  
 or <http://www.aikidosaa.sk>

# Information about Summer school Aikido Trnava 2013



The Summer school Aikido 2013 realizes in gym AŠK Slávia, Rybníková 15, Trnava.

Accommodation and meals are provided on hostel UCM near area AŠK Slavia.



You can give your application to the Summer school Aikido 2013 **until 26.7.2013** only with an **application form** witch you can send to the [ilavsky@aiten.sk](mailto:ilavsky@aiten.sk) e-mail address!!! After dead line you will have to reserve an accommodation only yourself (one-to-one). The accommodation is not possible without food!!! Participants of the Summer school Aikido witch don't need any accommodation must enter the summer school only with the application form on which they have to indicate „without an accommodation and food“ to the note at the same time. The dining room have to provides also a vegetarian food and a gluten free food.



Accommodation limit is **140** persons.

Training plan:	aiki-ken, aiki-jo, hojo	1.training	2.training
Saturday:	<i>registration: 13.00-15.00</i>		17.00-19.00
Sunday:	07.30-08.45	10.00-12.00	16.30-18.30
Monday:	07.30-08.45	10.00-12.00	16.30-18.30
Tuesday:	07.30-08.45	10.00-12.00	free
Wednesday:	07.30-08.45	10.00-12.00	16.30-18.30
Thursday:	07.30-08.45	10.00-12.00	16.30-18.30
Friday:	07.30-08.45	10.00-12.00	

Accommodation is in school hostel St. Cyril and Method university (building was reconstructed):

- 6 night for 20 €/day with half pension (it's 120 € /week),
- there are rooms with two or three beds, each room is with toilet, university have Wi-Fi free connection to the internet,
- other possibilities of accommodation after dead line you will have to reserve an accommodation only yourself,
- detailed map of the public transport is here: <http://goo.gl/maps/ve4Hl>

### More information:

- price of the summer school is **80 EUR**, -
- accommodation and food is **120 EUR**, -

**Please register on time!**

We look forward to you ☺



**Aikido dojo Trnava**

<http://www.adt.aikidosaa.sk>