

International Aikido Seminar

Doshu Yoshigasaki

Ki No Kenkyukai Internationale, Bruxelles

5th – 6th – 7th October 2018

community gym

(parking free, parking permit available in the gym)

CH – 6828 Balerna, Via San Gottardo 90a

organized by

Associazione Ticinese Ki Aikido, Balerna (TI) Switzerland

www.aikido-balerna.ch

Contact: segreteria@aikido-balerna.ch

Program

Friday	5 th October	20.00 - 21.30	Aikido for all
Saturday	6 th October	09.00 - 11.00	Aikido for all
		11.00 - 12.00	Aikido instructors and dan
		16.00 - 18.00	Aikido for all
		18.00	Examinations
Sunday	7 th October	09.00 - 10.00	Aikido for instructors and dan
		10.00 - 12.00	Aikido for all

Costs

	instructors and dan	kyu
complete seminar	40 Euro	30 Euro
Friday	10 Euro	10 Euro
Saturday and Sunday	35 Euro	25 Euro
Saturday only	20 Euro	15 Euro
Sunday only	15 Euro	10 Euro

Accommodation

**c/o Ostello UI Furmighin, Sagno (CH), 10 minutes by car from Balerna
mansarde, showers and WC (bring sleeping bag)
if desired, accommodation possible from Friday night**

CHF 30 per night and person, breakfast included

please pay cash, no credit card please

Lunch and dinner

Friday night, 5th October 2018, 22.00 h

Vietnamese dinner in the Dojo, offered by Associazione Ticinese Ki Aikido Balerna

Saturday, 6th October 2018, 13.00 h

Lunch c/o Grotto del Mulino, Morbio Inferiore (Breggia-Canyon)

Menu: risotto "parmigiana" and veal roulades, luganiga sausage with sauce of onions
vegetarian: salad, risotto "zucchini-sauce" with "formaggino della Valle di Muggio"
water in the carafe, one coffee or one limoncello, other drinks are to be paid

CHF 25 **pay before in the dojo (please pay cash, no credit card please)**

Saturday night, 6th October 2018, 20.00 h

Dinner c/o Osteria UI Furmighin, Sagno

Menu: pumpkin and pistachio cream, polenta "lurenzada", Catalan cream with unripe walnuts
water in the carafe, other drinks are to be paid

CHF 35 **(please pay cash, no credit card please)**

Sunday, 7th October 2018, 13.00 Uhr

Lunch c/o Grotto del Mulino, Morbio Inferiore (Breggia-Canyon)

Menu à la carte

For accommodation and the meals, we need your registration

(please use contact address from the first page)

Please tell us at least

until Friday, 28th September 2018

Getting to the gym in Balerna (Switzerland):

- by car from north A2 from Lugano, exit no. 53 Chiasso, two roundabouts to Balerna, ca. 700 m, Via Municipio, parking in Via Municipio (blue zone) and side streets (blue zone) with parking permit available in the gym;
- by car from south Autostrada dei Laghi, ultima uscita per Como (last exit for Como), direction "Svizzera", customs Chiasso, follow direction Balerna (2 km), parking in Via Municipio (blue zone) and side streets (blue zone) with parking permit available in the gym;
- by train to station FFS Chiasso (or to station FFS Balerna with local train TILO S10).
- from north or south from station FFS Chiasso by bus Autolinea Mendrisiense, exit Balerna-Piazza, on foot in Via Municipio, gym in 150 m
from station FFS Balerna on foot steeply over Via Stazione to Via Municipio.
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See you soon on our tatami !

