

Aikido seminar

23-24 February 2013

Eric Graf

4<sup>th</sup> dan

Eric Graf sensei started practising aikido in 1996 under Quaranta sensei. In 2011, at the age of 34, he earned his 4th dan.

For six years he trained under Ikeda sensei. The last three years from 1999 until 2002 he was daily in the dojo in Zurich and then started with genkikai and hojo practice. He trained in many international seminars in Europe and Japan.

Now, after more than 17 years of continuous and dedicated training, he will be giving a special seminar for the first time in the Netherlands.

He is managing two dojos in Switzerland, giving seminars in Serbia and Macedonia and has written articles and books on aikido, hojo and genkikai.

Eric is very interested in all kinds of aikido, meditation, gymnastics and energetical work that seek harmony and promote outer and inner peace on physical, emotional and spiritual level.

Participation is open and at your own risk. Prior reservation is recommended. Bring bokken and, if you have one, a plastic saya (scabbard). Please bring your own lunch although free drinks and fruit will be provided.

Dates and times

Saturday 23 February  
10:00-12:30 & 15:00-17:30  
Sunday 24 February  
10:00-12:30 & 15:00-17:30

Location

Tamboersdijk 9 (free parking)  
3582 TZ Utrecht, Netherlands

Prices

4 trainings € 52	2 trainings € 36
3 trainings € 47	1 training € 21

Discounts

U-pas	50%	students	25%
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Reservation

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