

IRELAND AIKIKAI

GYOFUKAN Advance Training Programme 2009-2010

An Advance Training Programme will commence in October 2009.

Persons holding 4th kyu or above may register for this programme. The programme will consist of monthly seminars.

The venue will generally be the GYOFUKAN dojo, AIKIDO CENTRE, Macken st.

Seminar schedule:-

Sat. 10.00 Zen Yoga/Jo, 11.30 Aikido I., 15.00 Kenjutsu, 16.30 Aikido II.,

Sun. 10.00 Zazen, 10.45 Kenjutsu, 12.00 Aikido III.

Aikido I. General practice. **II.** Oyowaza / applications. **III.** Henka & jiyu waza / variation and free practice.

Kenjutsu: Kashima Shin Ryu kenjutsu **Jo:** subrai, kata, Jotori. **Tanto & Shuriken:** suburi, nagewaza, tantodori.

Zen Yoga: training method of Zen master Hogen Yamahata; unifying the mind and body by physical and mental training to save energy and see matters through to the end.

The Objectives of the training programme are to:-

i. provide, by regular seminar training, an atmosphere conducive to developing true insight and ability in the Art.

ii. make a sound foundation of Aikido training and Budo principles on which determined members can build to become skilful practitioners and thereby make progress in their own lives.

The membership fee is 400€/250€student (with discount at IrAF winter & summer courses) for the programme Registered members will pay a discounted rate for any other seminars or separate trainings organised by the Irish Aikido Federation or Gyo Fu Kan including summer course 2010.

Long distance discount 300€/200€student or registration fee of 100€ +50% course fee.

Family discount for training family partners: one @ full registration & other @ student reg.

Fully Fukoshidoin and Club instructors will assist on the Basic course schedule and fully registered members will not be charged for their attending at these courses. Part time members will pay concession fee. Members 3rd kyu and above may be assigned assistant instructor duties.

Advance Training Programme (A T P). Seminar Schedule 2009 – 2010 :-

Oct. 17/18	Nov. * 14/15/16	Dec. 5/6	Jan. 16/17	Feb. 20/21	Mar. 20/21** or
Apr. 17/18**	May 15/16	June 19/20	July 17/18	(Aug. GFK summer course 14-20)	Sept. 18/19

* Joint with IrAF Winter Course. ** one may double with IrAF Spring Course. Schedule changes will be notified by email.

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NAME _____ eMAIL _____

ADDRESS _____

AGE _____ RANK _____ Club _____ PHONE _____ NOS. _____

I wish to participate in the ATP 2009-2010

Signature: _____ . Registration enclosed.