

Sample course schedule:

Saturday: 15.00 - 16.00, 16.15 – 17.15.

Rest of week: 10.00 - 11.15, 11.30 - 12.30, & 15.00 - 16.15, 16.30 - 17.30.

A detailed schedule will be provided at registration. Kyu and Dan gradings will be held on Wednesday/Thursday. All participants will be provided with a copy of the IrAF *Conduct in Aikido Training and Summer Course Notes* and are required to comply with these terms.

Visitors from other organisations:

Persons from other organisations are very welcome to attend at this course.

Facilities:

We have full use of the college's old sports centre. There is also a large, modern sports arena, which includes a 50-metre pool. UL has extensive grounds, which run to the banks of the Shannon. Weather permitting; we will include some outdoor Aikido practice in the training schedule. There are supermarkets and shopping centres nearby and a range of restaurants and bars on the campus. www.ul.ie

Social activities:

Provision will be made for residential members to meet and relax together in the evenings.

For further information, contact Seán MacRuairí,

Tel: + 353 (0)87 2629610.

E-mail: Ireland-Aikikai@ireland.com

Website: www.aikido.ie



Irish Aikido Federation Ireland Aikikai

Residential Summer Course 13th – 19th August 2011



Progress comes to those who train and train

M. Ueshiba O-Sensei, Founder of Aikido

**Irish Aikido Federation - Ireland Aikikai & University of Limerick Aikido Club
Residential Summer Course 13th – 19th August 2011**

Booking form

Name: (please print)

Address:

Telephone no.:..... **email**

Amount paid: **Date:**

PLEASE CIRCLE YOUR CHOICE BELOW:

- 1. Residential full week (if fees paid in full by 31/5*):**
Regular: €350, Student/Unemployed/ = Concession: €300,
- 2. Residential full week (If deposit of €200 paid by 30/7 *):**
Regular: €400, Concession: €350,
- 3. Week or part week (If deposit of 50% paid by 30/7 *):**
Residential day (=1 night + 1 day training) €70, Conces. €50.
Training only day €30, Conces. €20, ½ day €20, Conces. €15.
Weekend (1 res.+ ½ training): Regular: €90, Concession: €65.
- 4. Training only :** if no deposit, (can be paid on-site)
1(-4) days €35, Concession€20, ½day €20, Concession €15. Week 150€, Concession100€.

NB the UL conference centre does not accommodate & we cannot undertake to accept on-site booking for accommodation. If you have a last minute urge to be at the summer course you may call us to see if there are additional rooms available.

The organiser reserves the right to refuse admission or to cancel a booking.
Make cheques payable to G.F.K. and send, with completed booking form, to:
GFK, 46, Keatingstown, Wicklow, Co. Wicklow, Éire.
Or Bank transfer:- Sean MacRuairi, acct no. 56438159
IBAN IE77 BOFI90673456438159
Bank of Ireland Main st. Wicklow.
BIC BOFIE2D

**Irish Aikido Federation - Ireland Aikikai & University of Limerick Aikido Club
Residential Summer Course 13th – 19th August 2011**

The AIKIDO Summer School of 2011 will be held at the University of Limerick. The course will be taught by Mr. J Rogers 6dan. The format and content of the course is designed to cater for all grades of Aikido practitioners.

Accommodation @ University of Limerick:

Accommodation is self-catering - in conference centre apartments, which are modern and comfortable in a village on the campus. Each apartment consists of single rooms en suite, a fully equipped kitchen and lounge area. Each bedroom is supplied with sheets, bedclothes and towels. There are laundry facilities in the village. Usually the people allocated to each apartment arrange among themselves about buying and cooking food. If any group of people want to share an apartment, please advise in advance to facilitate room allocation. Arrive early on Saturday to register and organise yourself.

What you need to bring:

Jo, Bokken and Tanto; At least two keikogis if you are staying for the full course; Zori or other footwear for walking to the dojo and for outdoor practice; Zafu (firm cushion) if you want to do Zazen.

Registration:

Registration is from **11.00 am to 1.00 pm on Saturday 13th**. Registration will take place at the student residences office (see the site map of the campus) Members should bring their membership books. The **first Aikido practice starts at 15.00 pm.**

Transport from Dublin to University of Limerick:

BusEireann buses from Busaras (Dublin Central bus station) (www.buseireann.ie)
Trains from Hueston Station throughout the day (www.irishrail.ie).

Fees:

Fees, which include training, range from 55€ for a non-residential weekend.
There are student, overseas and part-time booking rates.

Schedule:

In the Aikido training, there may be early morning weapons practice, basic and advanced training, yudansha training and demonstration. Training concludes on Friday afternoon.