

MOULIKO HALÉN



4 – 6 March 2016

Aikido Seminar with

MOULIKO HALÉN (Oslo, Norway)

4 – 6 March 2016 in Oberursel, Germany

Mouliko Halén is 7th dan Aikikai Tokyo and the founder and chief instructor of Sunyata Aikido Dojo in Oslo, Norway.

Mouliko started practising Aikido in 1973. His main teachers are Kobayashi Yasuo shihan and his son Kobayashi Hiroaki, but he is also strongly influenced by Endo Seishiro shihan. Much of his inspiration comes from the continuous exchange with a network of international instructors (Jan Nevelius shihan, Jorma Lyly and others).

Mouliko focuses on the connection and contact awareness between tori and uke. He finds that you can have a good time and still practice seriously. Mouliko holds a 3rd dan in Daitoryu Aiki Jutsu, Roppokai, and a 1st dan in Katori Shinto Ryu.

More information: www.sunyata-aikido.org

FRI - Frankfurt
20.00 – 22.00 Aikido

SAT - Oberursel
10.30 – 12.30 Aikido
16.00 – 18.00 Aikido
from 19.00 Party

SUN - Oberursel
11.00 – 13.00 Aikido

Beginners with basic ukemi skills are welcome!

No weapons required.

Locations:

FRI – Aikido Dojo Frankfurt (Niddahalle SG Nied)
Oeserstr. 74, 65934 Frankfurt am Main, Germany
How to get there:
<http://aikido-frankfurt.de/en/location>

SAT/SUN – Aikido Oberursel (TV Weisskirchen)
Oberurseler Str. 16, 61440 Oberursel, Germany
(ca. 20 mins from Frankfurt)
How to get there:
<http://aikido-oberursel.de/en/location>

Accommodation:

You may drop your sleeping bag at the dojo in Oberursel both nights. Our D&B service includes a full breakfast. There is a self-service bar at the dojo that provides drinks at very affordable prices. **Please** get in touch if you arrive on Friday or have special nutrition requirements! We will organise transfer to Oberursel on FRI night.

Please check the „Location“ page on our website for more accommodation options.

Registration procedure:

- **Please** register via e-mail and let us know which classes you will attend, whether you join the party and whether you want to stay at the dojo!
- Short notice participation is possible

Registration contact:

dojo@aikido-oberursel.de
Mobile +49 (172) 86 36 101 (Klaus)
<http://aikido-oberursel.de>

All participants must accept the dojo's Terms & Conditions for seminar participation (see „Terms & Conditions“ page on our website). A printed copy is available at the venue. Aikido Oberursel is a department of TV 1889 Weisskirchen/Ts. e.V. sports club.