



**MOULIKO
HALÉN**
2-4 March
2018

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MOULIKO HALÉN

Aikido Seminar 2–4 March 2018

FRI @ GSS
19.30–21.00 Aikido

SAT
10.30–12.30 Weapons & Aikido
16.00–18.00 Aikido
from 19.00 Party at the dojo

SUN
11.00–13.00 Weapons & Aikido

The seminar is suitable for beginners.

Please bring bokken, jo and tanto; there is a small supply of weapons at the dojo.

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 sensei and his son Kobayashi Hiroaki sensei, but he is also strongly influenced by Endo Seishiro sensei. Much of his inspiration comes from the continuous exchange with a network of international instructors (Jan Nevelius, 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: <http://sunyata-aikido.org>

*Seminars are designed to deepen your skills and to exchange with fellow aikidokas. The teacher prepares a schedule that is tailor-made for the weekend. **Please support us and visit at least two classes.***

Locations:

FRI – old gym of the Grundschule Stierstadt (GSS)
Römerstraße 1, 61440 Oberursel

SAT & SUN – club house of TV Weißkirchen
Oberurseler Straße 16, 61440 Oberursel

Oberursel is ca. 20 mins from Frankfurt. Guide to both locations: <https://aikido-oberursel.de/en/location>

Accommodation:

You may drop your sleeping bag at the dojo, breakfast is included. The dojo also has a self-service bar that provides drinks at very affordable prices. Please get in touch to let us know the date and time of your arrival and whether you have special nutrition requirements!

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

Please register via the link below:

<https://aikido-oberursel.de/mouliko2018en>

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.

We are a non-profit organisation, so all proceedings are used to cover the costs and to reimburse the teacher.