



# JAN NEVELIUS

28-30

January  
2022

© aikido oberursel

# JAN NEVELIUS Shihan

## Aikido Seminar 28–30 January 2022

FRI @ LLS

19:00–21:00 **Registration + Aikido**  
Doors close at 19:30

SAT

10.30–13.00 **Registration + Aikido**  
Doors close at 11:00. We will order pizza for lunch if we cannot eat out.

16.00–18.00

**Aikido**  
Party at the dojo

SUN

11.00–13.00 **Aikido**

No weapons required.

Jan Nevelius shihan is a senior student of Endo shihan and Tissier shihan, he also studied in Japan under the late Yamaguchi shihan for several years.

Jan's Aikido emphasizes deep connection, freedom of movement, and soft ukemi.

In addition to Aikido, Jan practises reiki and qiqong. He is the author of „Vaken vila“, a book on mindfulness.

Jan is 7th dan Aikikai and teaches at Vanadis Aikido-klubb, Stockholm.

More information: <https://vanadis-aikido.se>

**Registration required:**  
<https://aikido-oberursel.de/jan2022>

### Locations:

**FRI** – gym of Landgraf-Ludwig-Schule (LLS)  
Rathausstraße 13  
61348 Bad Homburg

**SAT & SUN** – club house of TV Weißkirchen (TVW)  
Oberurseler Straße 16  
61440 Oberursel

Bad Homburg and Oberursel are neighbouring cities, both ca. 20 mins from Frankfurt. Guide to both locations:  
<https://aikido-oberursel.de/en/location>

### Participation Requirements:

Please read the participation requirements on the next page carefully. They are mandatory, and we need to be strict about them in order to keep everyone healthy.

### Level:

*Participants should have practised aikido for at least 3 months. Admission is from age 14.*

### Contact:

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

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.

## Participation Rules / COVID Regulations

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We think it is justifiable to conduct this seminar if we exercise great caution: through the compulsory test we can reduce the risk of someone getting infected, and through the vaccination requirement we minimise the risk of a severe illness in case of infection.

The following regulations apply:

- You may participate if you are **fully vaccinated/recovered** (< 12 months ago), and if you can also present an **on-the-day (antigen) test** (valid for 24 hours). Booster vaccinations do not count as test substitutes. You must also carry a **photo ID** on you. We can only admit you if you have these 3 documents with you; we use the „CovPass Check“ app to verify your certificates.
- Please visit the **Corona info page**\* on our website to find a list of the **nearest test centres** in Oberursel and Bad Homburg (neighbouring city where the Friday night class takes place).
- **After the 24-hour validity period** of the official test (i.e. for the Saturday afternoon/Sunday morning classes) we accept **selftests**. Please bring a set and remember that you need to test on site at the dojo, under the supervision of a member of our dojo. Unfortunately, we cannot accept selftests for the Friday night/Saturday morning classes, because we do not have a large enough team of supervisors to check everyone's results. There is also a **test centre within walking distance** of the Oberursel dojo (at the **Edeka supermarket**) which you might want to visit for an official certificate if you stay at a hotel or B&B or intend to go to a restaurant or pub.
- If you travel **from abroad**, you need to fill in the „**Einreiseanmeldung**“ form (digital registration on entry) before you depart to Germany. The form is available 3 days prior to your departure date – please check it now as it contains information on possible travel restrictions regarding your country.
- Please **wear a FFP2 mask** when entering the buildings and in the lounge areas; it is not required during practice, though. If you want to wear a mask during practice, or if you want to only practise with the same partner throughout the seminar – please do so.
- **You need to register** under the link: <https://aikido-oberursel.de/jan2022>. Registration is necessary in order to inform you of any changes, e.g. if we should need to limit the number of participants.
- Please **arrive at least 30 minutes early** before each class (FRI before 7 pm / SAT before 10.30 am); doors are closed during the seminar. We are very busy with the organisational requirements, so we ask for your kind cooperation.
- Unfortunately, it is **not possible to stay overnight** on the mat. For accommodation options, please visit our **website**.

The pandemic situation may change again until the seminar, so be prepared for new developments (restrictions of class sizes, or even cancellation are unlikely, but possible). **Make your travel arrangements accordingly**. If there are any further changes, I will inform you immediately via e-mail. Please also check our website on your departure day.

Thank you very much for your cooperation – and stay healthy!

\*Click on any text highlighted in **purple** to visit the linked websites.