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# Kangeiko

[ « Cold » seminar in the Budo Tradition ]

February 05 – 10, 2012

Dojo Shumeikan, Bras (Var)

With Jacques Bonemaison

( 7th DAN, Chargé d'Enseignement National by the FFAB )

**SEMINAR'S PROGRAM:**

Sunday, February 05<sup>th</sup>

18 h ..... Welcome and seminar's presentation

From February 06<sup>th</sup> to 10<sup>th</sup> \*

7H to 8H30 ..... Tai chi / meditation

9h ..... Breakfast

10h to 11H30 ..... Aïkido Course

12H30 ..... Lunch

Afternoon..... - Activities around «Kangeiko » theme

- Aïkido Course\*\*

Evening ..... Dinner\*\*\*

\* The seminar ends after the friday morning course

\*\* Afternoon course schedule will be given on Sunday

\*\*\* Thursday afternoon's course will be followed by the ending party

Warning:

Due to the dojo's capacity, only the forty first subscriptions will be taken into account. Subscriptions must be done before the 10<sup>th</sup> of January 2012

**Information and Subscriptions**

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+336 74 94 35 70 (François Net)





école nationale d'aïkido



# *Kangeiko*

February 05 - 10, 2012  
At Shumeikan Dojo, Bras (Var)

Dear Friends,

E.N.A's steering committee is glad to invite you to its next « Kangeiko » seminar from the 05<sup>th</sup> until the 10<sup>th</sup> of February 2012.

This seminar is reserved to E.N.A's members with an up to date subscription (subscription can be done at the dojo)

Due to the dojo's capacity, only the forty first subscriptions will be taken into account. **Subscriptions to the seminar must be done before the 10<sup>th</sup> of January 2012.**

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|---|
| Courses will be assured by Jacques BONEMAISON, 7 <sup>th</sup> DAN, CEN |
|---|

Below, you will find the seminar's program.

**Information / Subscription:**

*François NET, 15 rue de la Cité Universitaire, FR-75014 Paris  
(kangeiko@dojoshinkai.org)*

We look forward to meeting you soon



## Subscription Form

Subscriptions to send back imperatively before January the 10th to  
*kangeiko@dojoshinkai.org*.

Last Name:..... First Name:.....

Address:.....

Email :.....

DOJO :.....

### Accommodation

Due to the limited number of places, accommodation demands will be taken into account in order of their receipt:

Room for 2 people

Room for 4 people

### Required document

To validate my subscription, I:

1/ Join to my mail a copy of the following document:

- ENA subscription for 2011/2012 if available

2/Pay in advance for the accommodation:

- 76,25 € per person for a room for 2
- 55.00€ per person for a room for 4

The remaining costs will be paid at the dojo