

Tendoryu aikido seminar
Shimizu Sensei &
Waka Sensei Kenta Shimizu
Sportcentrum Papendal,
Arnhem, Nederland
13.03 — 15.03 2015



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www.tendoryuaikido.nl



Aikido Nederland
Sectie Tendoryu



tendo world aikido

Tendoryu aikido seminar

Shimizu Sensei & Waka Sensei Kenta Shimizu

Sportcentrum Papendal

13.03.2015 - 15.03.2015

Address

Sportcentrum Papendal
Papendallaan 3
6816 VD Arnhem

Information/contact

www.tendoryuaikido.nl
seminar@tendoryuaikido.nl

Training schedule

Friday 13.03.2015

19:30 - 20:15 Shimizu Sensei
20:30 - 21:15 Shimizu Sensei

Saturday 14.03.2015

15:00 - 15:45 Waka Sensei
16:00 - 16:45 Shimizu Sensei
17:00 - 17:45 Shimizu Sensei
18:30 gathering and 19:00 starting Buffet vd Valk

Sunday 15.03.2015

10:00 - 10:45 Waka Sensei
11:00 - 12:00 Shimizu Sensei

Price

€ 110,- Full seminar (for members TWA/AN)
€ 130,- Full seminar (non-members)
€ 90,- Weekend (for members TWA/AN)
€ 110,- Weekend (non-members)
€ 60,- Day (for members TWA/AN)
€ 80,- Day (non-members)

Please bring your bokken, jo and tanto!

Registration

Registration required before 6th of March 2015 by using this [online application form](#).
More information via website www.tendoryuaikido.nl

Stay

Sportcentrum Papendal has hotel accomodation.
More information via website www.papendal.nl
Van der Valk Hotel Arnhem via website www.hotelarnhem.nl

Shared meal

Saturdaynight 14th of March 2015 a shared meal will take place at Van der Valk Hotel Arnhem.
The menu is displayed on the following page (p.3)
Please specify when registering.

Tendoryu aikido seminar

Shimizu Sensei & Waka Sensei Kenta Shimizu

Sportcentrum Papendal

13.03.2015 - 15.03.2015

Saturday 14.03.2015, 19:00 Buffet at Van der Valk

Warm & cold buffet 'Maeriëndal' € 25.00 p.p.

COLD ITEMS

Smoked fish

Smoked salmon, mackerel and trout

Cocktail of small Norwegian shrimps

Coburger ham with fresh pineapple

Smoked turkey breast with melon

Salads and cold sauces

Fresh baked bread with tapenade and garlic butter

HOT ITEMS

Pork ribs, with gravy of honey and thyme

Chicken breast, au gratin with Parmesan cheese and tomato

Salmon with garlic shrimps

Ravioli filled with ricotta and spinach

Hot items all come with French fries

White rice and 2 sorts of vegetables

DESSERT

Homemade chocolate tiramisu

If you want to join the shared meal please specify on the Application form.