

# Ki-Aikido | summer seminar 2017 with Yoshigasaki Sensei

22 – 26 July, Ulricehamn, Sweden

## Welcome

It's with great pleasure that Göteborgs Ki-Aikido Sällskap (GKAS) invites you to the bi-annual Ki-Aikido summer seminar with Sensei Yoshigasaki. The camp is again held in the lakeside town of Ulricehamn in the western part of Sweden, about 90 km east of Gothenburg.

This year the training hall will be closer (3 min) from the hotel, and we will have full access to it anytime for grading practice or misogi in the mornings in case of rain.

**dojo hall:** Sanatorievägen 83  
**check in:** Sanatorievägen 88, Ulricehamn

## optimized training regime

(slight changes could occur)

### Friday 21/7

mat layout, hotel check-in  
good nights sleep

### Saturday 22/7 to Tuesday 25/7

07:00 – 08:00 Morning practice, outdoors  
08:00 – 09:00 Breakfast  
09:30 – 11:30 Aikido (all)  
11:30 – 12:30 Aikido (instructors)  
12:30 – 13:30 Lunch  
15:00 – 16:00 Aikido (instructors)  
16:00 – 18:00 Aikido (all)  
19:00 – Dinner

### Wednesday 26/7

07:00 – 08:00 Morning practice, outdoors  
08:00 – 09:00 Breakfast & hotel checkout  
09:30 – 12:30 Aikido (all), fruit, mat removal  
12:30 – 13:30 Lunch  
13:30 – Collective hugs, departure

## acomodation

We have negotiated a low price for full accommodation, with ~40 beds pre-reserved at the Hotell Lassalyckan. (same hotel as two years ago – new owners, new name). All rooms are either double rooms or rooms with three beds. Be sure to contact the hotell ASAP to secure your bed. **The deadline for pre-booked low prices are 22<sup>th</sup> of June.**

phone: +46(0)321 775 720

e-mail: [info@hotell-lassalyckan.se](mailto:info@hotell-lassalyckan.se)

The package price for food and full accommodation will be 3000 SEK for the whole camp.



## food and beverages

Breakfast, lunch and dinner are served in the hotel restaurant and also available for residents at alternative lodgings if wanted. **Be sure to contact the hotel in time for special food arrangements, number of days/ allergies etc.** The restaurant at the hotel has full serving rights and social activities in the evenings after dinner are much anticipated – take it easy on the beer to be fit for Misogi in the mornings ;-)  
**The morning practice will be outside the hotel before breakfast.**



## activities

The scheme allows non-instructors to take daily excursions with family members or fellow aikidokas 11:30 ~ 16 every day.

In the tourist city of Ulricehamn there are also many off-curriculum activities to engage in; swimming, canoeing, horseback riding etc.

<http://www.vastsverige.com/sv/ulricehamn>

A welcome grill party is planned on 23/7 on the shore of the cold fresh water puddle next to the hotel on Sunday evening (great misogi opportunity!)

This year the anticipated cone-football match will for sure happen.



The joint excursion to Ulricehamns kallbadhus that was such a treat last time is again planned evening Tuesday 25/7 – with hot sauna, swimming in the lake and dinner afterwards.

The amount of available training hours on the mat has increased to ~24h general practice and ~8h dedicated instructors practice, in total a whopping >30h.

## registration and bookings

All confirmation and payment for pre-booked food & accommodation at Hotell Lassalyckan **is done directly to the hotel.**

web: [www.hotell-lassalyckan.se](http://www.hotell-lassalyckan.se)

phone: +46(0)321 775 720

e-mail: [info@hotell-lassalyckan.se](mailto:info@hotell-lassalyckan.se)

## training fees

### early bird bookings up to 22/6:

1250 SEK/whole camp

1650 SEK/whole camp, instructors

day rates 22-25/7:

275 SEK/day

375 SEK/day, instructors

### last minute / on site payment (after 22/6):

1350 SEK/whole camp

1750 SEK/whole camp, instructors

day rates 22-25/7:

325 SEK/day

425 SEK/day, instructors

Be sure to confirm your early bird booking by payment to:

PG: 113201-8

BG: 628-8021

SWISH: 0734174945

International Payment:

Reciever: Goteborgs Ki-Aikido Sallskap

Bank: Nordea

BIC/Swift: NDEASESS

IBAN: SE94 9500 0099 6034 0113 2018

If any questions or other needs please contact us at [info@ki-aikidosallskap.se](mailto:info@ki-aikidosallskap.se) or by phone to +46(0)734 17 49 45 or +46(0)73 764 06 55

### Lift from the “real situation” or airport

There are buses from the airport through Gothenburg or Borås but many cars will be going from Gothenburg to Ulricehamn back and forth so there is good opportunities to get a lift from Gothenburg Central Station or pick-up at Landvetter Airport. Don't hesitate to contact us so that we can do our best to give you a full relaxing week of Ki-Aikido.



## alternative accomodation

Should you want to camp instead of staying at the hotel we strongly recommend to book tent/caravan space at [1] Lassalyckan Camping only 1 min walk from the hotel, with possibility to eat breakfast and other meals together with all other aikidokas. 3 min walk from the dojo. 220 SEK/night.



### [1] Lassalyckans Camping

Mobile: +46(0)321 775 720

Web: [www.hotell-lassalyckan.se](http://www.hotell-lassalyckan.se)

e-mail: [info@hotell-lassalyckan.se](mailto:info@hotell-lassalyckan.se)

Tel: +46(0)321-10550

Fax: +46(0)321-14802

Web: <http://www.hotellnyboholm.se>

e-mail: [info@hotellnyboholm.se](mailto:info@hotellnyboholm.se)



### [4] Prångens Camping

Box 218 • 523 25 Ulricehamn

Boknings- och infotel:

Husvagn och camping:

+46(0)321-10001, +46(0)709-311313

Stugbyn: +46(0)736-319 009

Web: <http://prangenscamping.se/>

e-mail: [info@prangenscamping.se](mailto:info@prangenscamping.se)



### [2] Hotell Bogesund

Sturegatan 7

523 30 Ulricehamn

Tel. +46(0)321 - 154 10

Fax. +46(0)321 - 413 10

web: <http://hotellbogesund.se/hotellet>

e-mail: [info@hotellbogesund.se](mailto:info@hotellbogesund.se)



### [5] SKOTTEKS GÅRDEN

quality holidays

Marbäcksvägen

S-52390 Ulricehamn, Schweden

Phone: +46-321-13 184

Fax: +46-321-35 185

Mobile: +46-70-5613184

Web: <http://www.skottek.se>

e-mail: [info@skottek.se](mailto:info@skottek.se)



### [3] Hotell & Vandrarhem Nyboholm

523 37 Ulricehamn

## Remember

Breakfast as well as all other meals can still be arranged to be served at Hotell Lassalyckan. Breakfast 65SEK, Lunch 85SEK, Dinner 145SEK. Make sure to contact them about it. You can still enjoy the social activities at hotell even though you're not staying there.

