

TAKN Summer Camp July 13th - 17th July 2010

Lewis Bernaldo de Quiros



An invitation to the Aikido Summer Camp in The Netherlands 2010.

For the first time in years of doing summer camps I am finally able to organize this year's summer aikido camp in the Netherlands. The Smalhoorn center located in beautiful and peaceful Drenthe in the east of the country offers a good combination of indoor and outdoor training possibilities along with a friendly and well equipped facilities.

This event is an opportunity to experience a period of intense and focused training with other committed aikidoka's that can allow for a deeper experience into aikido than can be had through regular trainings or weekend seminars.

As such I will follow two intertwining thematic lines in this camp:

First, **'inside the box' of the basics** but with the intention of going deeper into the techniques and principles with which most of us feel we are already somewhat familiar...

Second, **'outside the box' of the basics**. The *'pre-basics'* of how we move and hold the body; *'relational games'*; 'advanced, unusual or forgotten' techniques; whatever comes up in a spirit of playful inquiry...

TRAINING SCHEDULE.

Tuesday

13:00 - 15:00 arrival / welcome

16:00 - 17:00 bukiwaza

17:30 - 18:45 taijutsu

19:00 dinner

Wednesday - Friday

07:00 - 08:00 bukiwaza

08:15 breakfast

10:00 - 11:00 taijutsu

13:00 lunch

16:00 - 17:00 bukiwaza

17:30 - 18:45 taijutsu

19:00 dinner

Saturday

7:00 - 8:00 bukiwaza

08:15 breakfast

10:00 - 11:00 taijutsu

Clean up and departure by 13:00

On training

Bring your own bokken, jo and tanken

Bring at least two gi's (preferably 3!)

All participants should be fully insured.

On being at the center

All participants will help out with general cleaning and kitchen duties.

LOCATION.

Smalhoorn, Oranjekanaal Z.Z. 9441 TA Orvelte

www.smalhoorn.nl

CAMP FEE AND ENROLLMENT.

- All accommodation is indoors. See smalhoorn.nl / accomodatie for more info.
- Non-refundable reservation down payment of **50 euros before March 31st**
- Full remaining payment of **450 euros before June 1st.**
- Refunds for cancellations after June the 1st will be made only upon the place being filled by another applicant.

Payments should be made to the following account with **name** and **Smalhoorn 2010** clearly referenced:

Takemusu Aikido Nederland

12 80 56 843

Zutphen

REGISTRATION AND MORE INFORMATION: lewisbernalcodequiros@gmail.com

www.traditionalaikido.eu