



International Aikido Seminar
with
Shihan Suga Toshiro, 7. Dan
in Vienna
13th until 15th March 2020

Suga Sensei is one of the most outstanding and precise Aikido teachers in Europe. His indefatigable research for the ideal technique with Jo, Bokken and bare hand characterizes his teaching.

For all those who like to question themselves and improve their personal ability, this seminar offers a great opportunity to work out wholeheartedly in the Buddhist way of being. Moreover, you can benefit from the sensei's direct coaching.

Advanced and beginners are equally welcome.

Please bring your Jo and Bokken.

Location:

Shobukan Dojo, Landstraßer Hauptstraße 146/6, 1030 Vienna,
Entrance left of the Libro shop.

Public transport: subway U3 Kardinal Nagl Platz, bus 74A, tram 71 or 18.

Training:

Friday	19.00 – 20.30
Saturday	10.00 – 13.00
	15.00 – 18.00
Sunday	10.00 – 12.00

Fee:

Whole program: 128 € (110 € reduced,
for students or for workless people)

Friday/Saturday or Saturday/Sunday only: 118 € (100 €)

Per session per 60 minutes: 20 €

Social program:

Friday: Social dinner at the restaurant near the Dojo.

Saturday: Lunch at the Dojo from Take Away.

Social dinner at the korean restaurant Kimchi

Sunday: Sushi Brunch (about 36 €) at the japanese Restaurant Sakai, 1080 Vienna.

Reservation for the restaurant required before 3.03.20.

Please write to info@aikido-wien.at, Subject: „Meals, Suga Seminar“.

We are looking forward to welcome you at the seminar.