

Schedule:

In the Aikido training, there may be basic and advanced training, yudansha training and demonstration. Training concludes on Friday at noon.

Sample course schedule:

Saturday: 11:00 - 13:00, 15:00 - 17:15.

Rest of week: 09.15 - 10.30, 10.45 - 11.45, & 15.00 - 16.00, 16.15 - 17.00.

A schedule will be provided at registration. Kyu and Dan gradings will be held on Tuesday. All participants will be provided with the IrAF *Conduct in Aikido Training and Summer Course Notes* and are required to comply with these terms.

Visitors from other organisations:

Persons from other organisations are very welcome to attend at this course.

Facilities:

We have use of the college's old sports centre. There is also a large, modern sports arena, which includes a 50-metre pool. UL has extensive grounds, which run to the banks of the Shannon. Weather permitting; there may be some outdoor Aikido practice in the training schedule. There are supermarkets and shopping centres nearby and a range of restaurants and bars on the campus see www.ul.ie for detail.

Social activities:

Residential members meet together in the evenings. Do you play an instrument or sing ?

For further information, contact Seán MacRuairí,

Tel: + 353 (0)87 2629610.

E-mail: [Ireland Aikikai <ireland.aikikai@gmail.com>](mailto:Ireland.aikikai@gmail.com)

Website: www.aikido.ie



Irish Aikido Federation Ireland Aikikai

Residential Summer Course

17 - 24 August 2018

Seán MacRuairi shihan
Guest instructors J. Clift 6dan
& IrAF shidoin



Progress comes to those who train and train

M. Ueshiba O-Sensei, Founder of Aikido

**Irish Aikido Federation - Ireland Aikikai
Residential Summer Course 17th - 24th August 2018**

Booking form

Name: (please print)

Address:

.....

Telephone no.:..... email

Amount paid: **Date:**

PLEASE CIRCLE YOUR CHOICE BELOW:

- 1. Residential full week (if fees paid in full by 01/5*):**
Regular: €400, Student/Unemployed/ = Concession: €350.
- 2. Residential full week (If deposit of €200 paid by 01/6*):**
Regular: €450, Overseas aikido traveller & Concession: €350.
- 3. Residential week, part week (If deposit of 50% paid by 01/7 *):**
Residential day (= 1 night + 1 day training) €80, Conces. €60.
Additional training:- day €40, Conces. €35, ½ day €30, Conces. €25.
- 4. Training only :** Weekend 80€, Conces.:70€, Full Week 250€,
(part week) 1 day €40 p/d, Concession €35, ½ day €30, Conces. €25 pd.
Week (5+ days) 250€, Conces.: 5+ 200€.

NB the UL conference centre does not facilitate on site booking & we cannot undertake to provide on-site booking for accommodation. If you have a last minute urge to be at the summer course you may call us to see if there are additional rooms available.

The organiser reserves the right to refuse admission or to cancel a booking.

Send completed booking form to Course Administrator, at eoindeb@eircom.net and transfer payment to:- **Eoin de Buitear, Permanent tsb, IBAN: IE28IPBS99066025811909, BIC: IPBSIE2D.**
Any problems mail Eoin or phone him at +353 87 6878420 to discuss.

**Irish Aikido Federation - Ireland Aikikai
Residential Summer Course 17th - 24th August 2018**

The AIKIDO Summer School of 2018 will be held at the University of Limerick. The course will be directed by Mr. S. MacRuairi shihan, guest instructor Janet Clift 6dan & IrAF shidoi . The format and content of the course is designed to cater for all grades of Aikido practitioners.

Accommodation @ University of Limerick.

Accommodation is self-catering - in conference centre apartments, which are modern and comfortable in a village on the campus. Each apartment consists of single rooms en suite, a fully equipped kitchen and lounge area. Each bedroom is supplied with sheets, bedclothes and towels. There are laundry facilities in the village. Usually the people allocated to each apartment arrange among themselves about buying and cooking food. If any group of people want to share an apartment, please advise well in advance to facilitate room allocation. Those booking for the week may arrive on the Friday and stay until the following Friday. If travelling on the Saturday, arrive early to register and get organised !

What you need to bring:

Jo, Bokken and Tanto; At least two keikogis if you are staying for the full course; Zori or other footwear for walking to the dojo and for outdoor practice; Zafu (firm cushion) if you want to do Zazen.

Registration:

Registration is from **18:30 on Fri. 17th & on Saturday 18th** . Members should bring their membership books. The **first Aikido practice starts at 11.00 am Sat.**

Flights to Shannon (local bus or taxi) or Dublin airports (coach or hire car).

Transport from Dublin to University of Limerick:

Buses from Dublin Airport & Busaras (Dublin Central bus station) (www.buseireann.ie)
Trains from Hueston Station throughout the day (www.irishrail.ie).

Fees:

Fees for accommodation & training are payable in advance. There are student, overseas and part-time booking rates.

For information on accommodation charges for non training family members contact Eoin eoindeb@eircom.net.