



WEAPONS

seminar

on June 26th 27th & 28th 2009

Instructor Claude Berthiaume

Friday
(at the dojo)
18h30-20h disarming techniques

Saturday
(at Horizon-Soleil)
10-12 Kunitachi
12-13:30 Lunch
13:30-16 Kumijo (35 mvts)
16:00 Pool, BBQ

Sunday
(at Horizon-Soleil)
10-12 Jo vs. Boken

location
École Horizon-Soleil
425 rue Hamel
St-Eustache, Québec

Fees:
Friday 30\$
Saturday 75\$
Sunday 30\$
2days 85\$
3days 100\$
BBQ 25\$

Lodging: We suggest the Hôtel le Rivage (hotellerivage.com) located near the gym, right in front of SPA Le Finlandais (spalefinlandais.com) Continental breakfast is included in the room rate as well as a 10\$ reduction for the baths at the SPA Le Finlandais (25\$ instead of 35\$+taxes.) The hotel is quite new and the rooms are pretty and comfortable. Prices are from 89\$/night+taxes to 295\$/night +taxes. You could also stay with a dojo member (in this case please call the dojo.)

**Please reserve before June 22 if you would like to have a place for the BBQ. Call the dojo, or write to info@aikidodelamontagne.com*

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