

Aikido Seminar on Cote d'Azur, October 8 - 15, 2017



Aikido classes on tatami and outdoors. In October 2017, classes are led by:
Paul Muller, Shihan, 7dan Aikikai, France
and **Oleg Glushko**, 5 dan, Russia.

We expect to have a serious training course. The main focus will be on punches, strikes, and knife attacks. Trainings will be adjusted to the level of the group.

Accommodation and classes at CREPS Educational Center (Centrale d'Education Populaire et de Sport) (www.creps-paca.sports.gouv.fr) in Boulouris which is one hour away from Nice by train or bus. The educational and sports center CREPS occupies more than 80 hectares most of which are picturesque hills descending to the sea. There you can combine intensive aikido trainings with a wonderful family vacation in one of the best places on Cote d'Azur. Prices are very moderate for the region thanks to the support of the Department of Sports Development of France.

More information about the seminar

Prices:

Accommodation options (meals included): 1. Double room VIP 2. Two / three-bed room
Cost of participation: Accommodation in var. 1 + participation in the seminar - 590 €
Accommodation in var. 2 + participation in the seminar - 490 €

Timetable:

Monday, Tuesday, Thursday, Saturday - 9:30 to 12:00 and 17:30 to 19:00.
Wednesday and Friday - 9:30 to 12:00, free afternoons.
9:30 - 12:00 Iaido, buki, taijutsu
17:30 - 19:00 taijutsu

In addition to aikido classes, we are going to bring the "white water" Jackson Super Star rodeo kayak, this is an excellent tool to improve your hip work. You can also learn Eskimo rolls. It takes only a few minutes to get from the accommodations to a cozy bay, where one can snorkel. Nearby one can find typical Côte d'Azur cities of Saint-Raphaël and Fréjus: harbors, beaches, coffee shops, cafes, and restaurants. The coastline is perhaps the best part of Côte d'Azur — a combination of quiet and peaceful places with famous resorts and historic towns. This is the Mediterranean. Even better: the French coast of the Mediterranean.
We invite you to come with children and partners!

You can leave your **application for the seminar** on the web-site: http://www.kannagara-aikido.ru/children_boulouris_seminar2018/ or by phone: +7 (917) 530-59-16

If you have any questions, please do not hesitate to contact us by phone: 8 (917) 530-59-16 or by email: detmir-aiki@mail.ru (Oleg Glushko) or muller.paul@sfr.fr