

Seminar

# Knut Högvall

5 Dan Aikido, 4 Dan Toho Iai and 3 Dan Iaido

**23+24 April 2011**

**Wijk bij Duurstede, the Netherlands**

<b>Sensei</b>	Knut Högvall started practicing aikido under Ichimura sensei, one of Nishio sensei's students, in 1984, and received shodan in 1986. From 1986 to 2005 he studied directly under Nishio sensei. In 1996 he co-founded Hokuo Aikikai with the aim of promoting Nishio sensei's aikido. He was awarded godan by Nishio sensei in 2003, and is currently the head aikido instructor of Uppsala Budoklubb in Uppsala, Sweden.
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<b>Dojo</b>	Dojo Judovereniging Duurstede, Sportpark Mariënhoeve Lekdijk Oost 13a, 3961 MB Wijk bij Duurstede, the Netherlands
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<b>Keiko</b>	Saturday 23 april	10.00-11.00 Toho Iai	11.00-12.30 Aikido
	Saturday 23 april	13.30-14.30 Toho Iai	14.30-16.30 Aikido
	Sunday 24 april	10.00-11.00 Toho Iai	11.00-12.30 Aikido

<b>Toho</b>	Toho Iai is a form of Iaido, developed by Nishio sensei. Toho displays basic techniques of Aikido and is suitable for advanced students and beginners alike.
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<b>Prices</b>		1 half day	2 half days	3 half days
	Members (9 to 14 years)	€ 10	€ 12,50	€ 15
	Members (from 14 years)	€ 20	€ 25	€ 30
	Non-members (from 14 years)	€ 25	€ 30	€ 35

<b>Info</b>	<a href="http://www.kyorakukan.com">www.kyorakukan.com</a> email: <a href="mailto:houten@kyorakukan.com">houten@kyorakukan.com</a> Bring your jo, bokken (and iaito)
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