

Aikido Dojo Gamlestaden welcomes all aikidoka,  
regardless of rank or style, to a seminar with  
**Lewis Bernaldo de Quiros Sensei, 6th Dan**  
in Gothenburg, March 14-15 2020



Lewis Bernaldo de Quiros trained under the late Morihiro Saito Sensei from 1986 until 1993 in the Iwama Dojo in Japan. He has been busy ever since teaching Aikido in seminars throughout Europe.

Lewis is senior instructor and technical director of Traditional Aikido Europe (TAE).

Information and registration:

<http://adg-aikido.se/events/dequiros2020>

**ADG AIKIDO DOJO  
GAMLESTADEN**

Träningsglädje sedan 1989

[adg-aikido.se](http://adg-aikido.se)