

# Lewis Bernaldo de Quiros, 7th dan

## February 15-16 2025

**We welcome all aikidoka, regardless of rank or style, to a seminar with Lewis Bernaldo de Quiros sensei**

Lewis Bernaldo de Quiros trained under the late Morihiro Saito Sensei (9th Dan) from 1986 until 1993 in the Iwama Dojo in Japan. He has been busy ever since teaching Aikido in seminars throughout Europe. After returning from Japan he maintained regular contact with his teacher through seminars both as a participant as well as assistant and translator. He received the rank of 5th dan Aikikai from Morihiro Saito Sensei in 1999 and 6th Dan Aikikai from Hombu Dojo Tokyo in 2009. In January 2024 he was awarded 7th dan at the Kagamibiraki Grading in 2024.



Lewis Sensei is the senior instructor of Takemusu Aikido Kyokai Nederland (TAKN) and is associated through seminar and examination activities with a network of dojos practicing the same style. Takemusu Aikido in the Netherlands is affiliated with Aikido Nederland (AN) and with Takemusu Aikido Kyokai (TAK) in Europe.

We are looking forward to seeing dear friends and meeting new ones for dynamic training and social opportunity to enjoy what we all share — aikido.

Weapons: Bokken and jo. If you need to borrow weapons, please let us know by indicating that in the registration form.

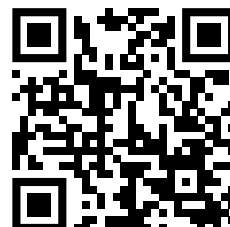
Please find the details regarding location, schedule, accommodation, prices and contact information below.

**When?** 15-16 February 2025

**Where?** Frölunda Judoklubb, Klubbvägen 8, Västra Frölunda

**Register here**

<https://adg-aikido.se/dequiros2025>



Contact information: [info@adg-aikido.se](mailto:info@adg-aikido.se) or [+46 768 800 674 \(Vlad\)](tel:+46768800674) or [+46 739 659 090 \(Alula\)](tel:+46739659090)

## Schedule

Saturday		Sunday	
09.30	Registration		
10.00 – 12.00	Training	10.00 – 11.30	Training
12.00 – 13.15	Lunch	11.30 – 12.00	Short break
13.15 – 16.15	Training	12.00 – 13.30	Training
17.30 –	Party!		

## Prices

Whole seminar	Saturday only	Sunday only
900 kr / 80 € Vegetarian lunch meal at dojo, 220 kr / 20 € - check the box in the registration form!	700 kr / 60 €	500 kr / 40 €
<b>Sleeping in the dojo</b>		
90 kr / 8 € per night		

**Note!** Young people under 16 years need to be accompanied by an adult!

## Payment information

Postgiro: **462 37 05-3**

Swish: **123-16 17 109**

Bank account: **SE83 9500 0099 6042 4623 7053 (NDEASESS)**

We would like to keep cash payments to a minimum, please pay to one of the options of the above if possible.