

Join us for 3 days of Takemusu Aikido in Norfolk, UK!



LARS LANDBERG
6 DAN AIKIKAI

TAKEMUSU
AIKIDO SEMINAR

7-9 | FEBRUARY | 2025
NORFOLK, UK



SCAN HERE

Schedule:

Friday 7th February:
Class 7-9pm

Saturday 8th February:
Class 10am-1pm
Lunch 1-2pm
Class 2-4pm

Sunday 9th February:
Class 9am-12pm

Location:

Jubilee Hall
George Ln, Loddon,
Norwich, NR14 6NB

Fees:

The fees are:

- Full Weekend: £90
- Saturday and Sunday: £75
- Saturday only: £40
- Sunday only: £30
- Friday only: £20

Lunch available for £5 per person.
A meal will be arranged for the Saturday
night at our local pub the White Horse.

Registration:

Places are limited - please use the
registration form below to secure
your place.

Lars Bio:

Lars has trained Iwama style aikido for 45 years and holds a 6th Dan Aikikai. Lars is dojo cho (with Torben Dyrberg) of the Copenhagen Aikido Club. He has trained Aikido since 1979 and has been instructing since 1982. Lars has been a long-term uchi-dechi at Saito Senseis Iwama Dojo several times, has trained on numerous international camps with Saito Sensei and was heavily involved in the organising of the Summer Camps with Sensei in Denmark. Lars has taught seminars in Ireland, Russia, United Kingdom, the Netherlands and Germany, he has co-taught numerous seminars too. This will be the second time Lars will visit Chet Valley Aikido.

Important:

All participants should be appropriately insured and able to demonstrate this. If you require insurance, please contact us and this can be arranged. Please bring Bokken and Jo. If this is not possible, please get in touch and we will aim to provide spares for you.

SECURE YOUR PLACE NOW

tinyurl.com/lars-norfolk-2025



CHET VALLEY
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CONTACT + INFO
Email Sarina at:
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