

West Cumbria Aikido Presents:

**2024 Mid-Summer Seminar
with Lewis Bernaldo de
Quirós, 6th Dan Aikikai**



WEST CUMBRIA
AIKIDO

www.westcumbriaaikido.com



21st – 23rd June 2024 - St Bees, Cumbria, UK

***Hold the date - registration
opening soon!***

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TRADITIONAL
AIKIDO EUROPE

Sensei de Quirós trained full time under the late Morihiro Saito Sensei (9th Dan) from 1986 until 1993 in the Iwama Dojo in Japan. Prior to beginning his training in Aikido, he trained for 10 years in Judo and Karate. During his stay in Japan, he also practiced Kyudo, Zen and Japanese calligraphy.

Since returning from Japan, he has taught Aikido on a full-time basis and to date has conducted well over 350 international seminars.

Lewis received the rank of 5th Dan Aikikai from Morihiro Saito Sensei in 1999 and 6th Dan Aikikai from the third Doshu, Moriteru Ueshiba, in 2009.

He is the Senior Instructor and Examiner on behalf of Hombu Dojo of a European network of dojos (Traditional Aikido Europe, TAE), that includes West Cumbria Aikido.





Venue - St Bees School, Wood Lane, St Bees, Cumbria, CA27 0DS, UK

West Cumbria Aikido has been a member of TAE since February 2019 and is a founding member of the Traditional Aikido Alliance (TAA).

St Bees School (<https://www.stbeesschool.co.uk/>) is a co-educational independent school located in the West Cumbrian village of St Bees. The school was founded in 1583 by the then Archbishop of Canterbury Edmund Grindal as a boys' "free grammar school". St Bees School has been home to West Cumbria Aikido since February 2018, and this will be our third national seminar with Sensei de Quirós.

St Bees is a charming West Cumbrian coastal village situated just south of Whitehaven, about an hours drive south from Carlisle and the same west from Penrith and is a good base for exploring the western side of the Lake District and the Cumbrian coast.





Schedule

Friday 21st June (The Memorial Hall):

#1 - 19:00-21:00 - Sensei de Quirós

Saturday 22nd June (The Main Sports Hall):

#2 - 12:00-14:00 - Sensei de Quirós

#3 - 15:00-17:00 - Sensei de Quirós

Sunday 23rd June (The Main Sports Hall):

#4 - 10:00-12:00 - Sensei de Quirós

#5 - 13:00-15:00 - Sensei de Quirós





Seminar Meal – Saturday 22nd June 19:00 for 19:30

The 2024 seminar meal will be held at the Rum Story in the center of Whitehaven (<https://www.rumstory.co.uk/>) and your evening will start with a rum cocktail. We will eat in the rum store vaults that are part of the 1785 warehouse and hear about the history of Whitehaven and its former role in rum trade, and shipping and maritime history. There will then be rum tasting and an opportunity to buy Jeffersons Rum.

We have engaged caterers to provide a healthy and hearty meal choice with meat and vegetarian options with ‘something sweet’ to follow. If you have specific dietary concerns, please get in touch. There will be a pay-as-you-go bar with local bottle beers, wines and spirits.

The venue has a seating capacity of 60 and preference will be given to those that are training. Nonetheless, if you have a friend or family member with you, we will try to fit them in.

Costs and Payment

The 2024 fees are:

- Friday only (2-hr) - £20
- Saturday or Sunday only (4-hr) - £40
- Saturday and Sunday (8-hr) - £75
- Friday, Saturday and Sunday (10-hr) - £90

Note concessions are available, please get in touch for details.

A cold buffet lunch can be ordered for each day (£7.5 per day per person). The seminar meal on the Saturday costs £30 per person.

All monies are payable in advance and payment should be made by Friday 31st May 2024.

Please pay by bank transfer to:

West Cumbria Aikido (business account)

National Westminster Branch PLC (NatWest), Whitehaven Branch

Sort Code: 01-09-54

Account: 60826355

IBAN: GB74NWBK01095460826355

BIC: NWBKGB2L

SEPA credit transfer and direct debit and B2B international payments are supported.

Please use the reference LBQ-24 in your transfer and indicate your name.



Travel Arrangements

St Bees is most easily accessed by road (Sat Nav CA27 ODS) where we are about 3 hours drive south of Edinburgh about 3 hours drive north of Manchester:

- From the north, from Junction 44 of the M6, take the A689 Carlisle ring road then follow the A595 to Whitehaven, then the B5345 to St Bees.**
- From the west and south it is recommended that you take the A66 east from Junction 40, passing Keswick and then Cockermouth where you join the A595 and proceed as described above.**

There is an alternative route that leaves the M6 at Junction 36 and follows the coastline up to St Bees. Although shorter, it can be a lot slower and is not recommended.

St Bees can also be easily accessed by rail from the north by taking a train to Carlisle then one through to St Bees.

It is also possible to access St Bees by rail from Manchester Airport (potentially with just one change whether in Carlisle or Barrow-in-Furness) – it is however a slow train, and you should allow 4 to 5 hours travel time.

For those arriving by train, there is plenty of accommodation in St Bees within easy walking distance of the train station and the school – and we will get you a lift into Whitehaven for the meal on Saturday.

If you are driving and can offer someone a lift, please let us know. Equally, if you have travel issues and would like a lift, also get in touch!

We are in a beautiful part of the country so why not stay for a while!



Accommodation

There are plenty of accommodation options in St Bees village and the nearby area:

- <https://www.stbees.org.uk/home/visitors/accommodation/>
- <https://www.booking.com/>
- <https://www.airbnb.co.uk/>
- <https://www.premierinn.com/gb/en/hotels/england/cumbria/whitehaven.html>

For local camping / tourer / holiday chalet opportunities in St Bees see - <https://seacote.com/seacote-park/>





Insurance

It is the responsibility of each participant to ensure that they hold appropriate insurance. If required, British Aikido Board (BAB) individual insurances can be provided (at a cost of £7). Insurance is valid for 1 year.

Weapons

The club has plenty of spare weapons that you can borrow.

