

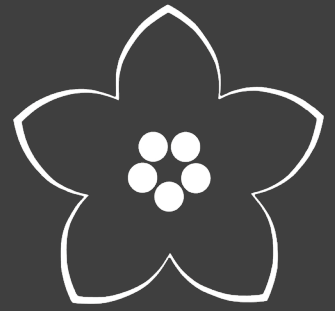
West Cumbria Aikido Presents:

Lewis Bernaldo de Quirós

Weekend Seminar 16th – 18th June, 2023

St Bees, Cumbria, UK

www.westcumbriaaikido.com



WEST CUMBRIA
AIKIDO



Registration is Open

Lewis Bernaldo de Quirós
June 2023, UK



TRADITIONAL
AIKIDO EUROPE

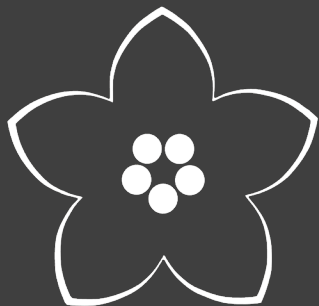
Sensei de Quirós, Aikikai Shihan trained full time under the late Morihiro Saito Sensei (9th Dan) from 1986 until 1993 in the Iwama Dojo in Japan. Prior to beginning his training in Aikido, he trained for 10 years in both Judo and Karate. During his stay in Japan, he also practiced Kyudo and Zen.

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).





WEST CUMBRIA
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**Venue - the Memorial Hall & Sports Hall,
St Bees School, Wood Lane, St Bees,
Cumbria.**

**West Cumbria Aikido has been a member
of Traditional Aikido Europe since
February 2019 and is a founding member
of the Traditional Aikido Alliance.**

**St Bees School 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
2019 and this will be our fifth national
level seminar.**

**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.**



Registration and Schedule

Register via the Google form here:

<https://forms.gle/nKeMQ9cuNeNf4UfC8>

Friday 16th June (The Memorial Hall) Session 1 - 19:00-21:00

Saturday 17th June (The Main Sports Hall): Session 2 & 3 – 12:00–17:00
(with gradings to follow)

Sunday 18th June (The Main Sports Hall): Sessions 4 & 5 - 10:00–15:00

Please see booking form for costs and payment options.

Travel Arrangements:

St Bees is most easily accessed by road, but there are rail links from the north (Carlisle). For international arrivals please consider Manchester airport and contact us for further information.

Accommodation:

There are bed and breakfast options in St Bees and the local area, please see the link here for details and contact us for more information

<https://www.stbees.org.uk/home/visitors/accommodation/>.

Insurances:

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).

Weapons:

If you can, please bring your own weapons. For those that cannot, spares will be available. However, please contact us in advance.

