

TAKEMUSU



AIKIDO MOTRIL

WINTER INTENSIVE

...Aikido in the sun!

MICHAEL ORMEROD - 3 DAN AIKIKAI

NOV 23-26 2023 - MOTRIL, SPAIN

**JOIN US FOR AN INTENSIVE AIKIDO EXPERIENCE
AND ENJOY THE SUN, SEA + MOUNTAINS OF
THE COSTA TROPICAL AND SIERRA NEVADA**

Cost: 60 euros / 40 euros 2 days / 20 euros 1 day Location: Takemusu Aikido Motril Dojo



REGISTER HERE:

info@aikidotraditional.eu

MORE INFO VISIT:

www.aikidotradicional.eu



TRADITIONAL
AIKIDO EUROPE

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SCHEDULE

Thursday:

19.00 - 22.00 Bukiwaza + Taijutsu

Friday + Saturday:

09.00 - 11.00 Taijutsu
11.45 - 13.45 Bukiwaza
17.00 - 19.00 Taijutsu

Sunday:

09.00 - 11.00 Bukiwaza
11.45 - 13.45 Taijutsu

Open to all levels. Bring own weapons
and make sure insurance is valid.

Cost: 60 euro full intensive
40 euro 2 days
20 euro 1 day

Location: Takemusu Aikido Motril Dojo,
Calle Acequia Chica s/n 18600 Motril
(Granada) - Spain

The Motril Dojo is available during the
day for extra free training + relaxing.

MICHAEL BIO

Michael began his training in 2005 at the age of 15 in the UK. He has trained extensively throughout Europe and undertaken an intensive training period in Iwama (Japan) under the guidance of Hiroki Nemoto Sensei (7th Dan). In 2016, he began a full-time 'live-in' apprenticeship, living with, and training daily, with his teacher Lewis Bernaldo de Quiros (6th Dan); plus also training and teaching in the Takemusu Aikido Motril Dojo in Southern Spain and attending international seminars as assistant to his teacher. In 2019 Michael received the rank of 3rd Dan from the Aikikai in Japan, Tokyo. In early 2020, Michael created the 'Takemusu Aikido Online Dojo' (as a response to the Covid Pandemic). His objective was to give people the opportunity to continue their daily practice - practice that has continued, every morning, five-days a week since then.

Nearest airports: Malaga and Granada.

Accommodation: La Campana. Affordable, clean and friendly in the center of Motril. 10 mins walk to Dojo.

Alternative options: La Colonia.

Camping Playa Granada or check Airbnb and consider sharing with friends.



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