

SAT 11 - 13 Uhr und 16 - 18 h

SUN 11 - 13 h

Costs: 60 EUR, 20 EUR per trainig

Patrik has been practising Aikido for over 30 year, with his main influences being Shihans Seishiro Endo, Christian Tissier and Franck Noel. He also gets inspiration from Jan Nevelius Shihan, Jorma Lyly and Johan Lindgren. The connection between tori and uke is important to him as well as budo awareness and creating a fun and joyful atmosphere.

> Guests are welcome to stay in the dojo. Contact: sonja@aikidoimhof.de, 0176 41067152

> > Address:

Aikido im Hof e.V., Grabenstr. 48, 47058 Duisburg (Neudorf)