



Lunds Aikidoklubb welcomes all aikidokas, irrespective of style or grade, to another spring seminar in Lund with Lewis Bernaldo de Quiros Sensei, 6th dan. Lewis is the sempai of Takemusu Aikido in the Netherlands and well known for his inspiring and dynamic teaching. We are very happy to invite him once again to Lund!

SCHEDULE: Training starts at 11 pm Saturday the 28th of April, and ends Sunday the 29th of April at 2.30.

LOCATION: The seminar is held at the sports hall of Svaneskolan in Lund (Möllevägen 6), not far from the Lund Central Station and the city centre.

GRADES: Dangrades will be held during Saturday afternoon.

REGISTRATION AND FEE: Please make your registration before the 15th of April at [www.lundsaijido.se/lewis2012](http://www.lundsaijido.se/lewis2012), by filling in a form.

The fee for the whole seminar is 600 SEK. One day of training is 400 SEK. Payment can be made to the BG 5861-6459. For guests from abroad, the fee can be paid before the first class on Saturday.

ACCOMODATION: Our dojo (located at Winstrupsgatan 1) is open for those who need somewhere to sleep, free of charge. The train hostel in Lund close to the Central Station is another option for those who wish.

PARTY: A party, with dinner and cakes, will be held in the dojo of Lunds Aikidoklubb at Saturday evening. The price is 150 SEK.

INFORMATION: More information can be found at [www.lundsaijido.se/lewis2012](http://www.lundsaijido.se/lewis2012). Questions can be answered by Moa Lindell: [moalindell@gmail.com](mailto:moalindell@gmail.com) or 0046-732-53 87 82.

*Don't forget to bring bokken and jo!  
Welcome!*

28-29 APRIL 2012

**LEWIS BERNALDO  
DE QUIROS**

**DOJO  
LUNDS AIKIDOKLUBB**

Welcome to spring seminar in Lund!