

Tekisuikan NTNU Aikido  
**7 - 9 May 2010**  
Frank Ostoff



Tekisuikan NTNU Aikido welcomes all aikido practitioners to a weekend seminar with Frank Ostoff (5. dan Aikikai) **7 - 9 May 2010**.

### Training schedule

<b>Friday</b>	18.00-20.00
<b>Saturday</b>	10.30-12.30 15.00-17.00
<b>Sunday</b>	10.30-12.30

Tekisuikan NTNU Aikido  
**7 - 9 May 2010**  
Frank Ostoff

---

### **Seminar location**

Dragvoll sport centre. To get to the sport centre, take bus number **5** to **Dragvoll**, it is the final destination. The bus ride from the city centre to Dragvoll takes approximately 20 to 25 minutes. On Sunday take bus number **66** 09.45 from the city center to the **NTNU Dragvoll** stop.

### **Accommodation**

We will provide private accommodation for guests. Please sign up as early as possible so that we are able to provide accommodation for everybody!

### **Price**

The price for the seminar is 500 NOK (400 NOK for visitors), or 150 NOK for each class.

### **Food and social events**

Saturday we will provide a simple lunch that is included in the seminar price. Saturday evening we will gather at a restaurant.

### **Contact**

For further information and registration, please contact Tor Nordam, [tor.nordam@gmail.com](mailto:tor.nordam@gmail.com).

**We welcome all visitors regardless of federation!**