



ISSHA KYUDO KAI

UPPSALA KYUDOKLUBB

INVITES YOU TO THE

**NORDIC KYUDO
SEMINAR**

30TH NOVEMBER - 1ST DECEMBER 2024

INSTRUCTORS:

TRYGGVI SIGURÐSSON

7 DAN KYOSHI

GÉRALD ZIMMERMANN

6 DAN KYOSHI

SCHEDULE

SATURDAY

08.00 - 09.00 REGISTRATION

09.00 - 09.30 START/YAWATASHI

9.30 - 12.00 PRACTICE

12.00 - 13.00 LUNCH

13.00 - 15.00 PRACTICE

15.00 - 15.20 BREAK

15.20 - 17.00 PRACTICE

SUNDAY

09.00 - 09.15 YAWATASHI

09.15 - 12.00 PRACTICE

12.00 - 13.00 LUNCH

13.00 - 15.45 PRACTICE

15.45 FINISH

16.00 - 16.45 DISMANTLING THE DOJO

THE SEMINAR IS OPEN FOR MEMBERS OF EKF-AFFILIATED KYUDO CLUBS FROM SWEDEN, NORWAY, DENMARK, FINLAND, AND ICELAND. PREREQUISITES ARE BASIC SKILLS IN TACHI AND SHOOTING AT MATO AT 28 M, ADHERING TO THE STANDARD ANKF TAIHAI. SHOMEN AND SHAMEN SHOOTERS ARE EQUALLY WELCOME.

PARTICIPANTS WHO WISH TO PERFORM RISSHA MUST ATTACH A VALID MEDICAL CERTIFICATE THAT CONFIRMS THE INABILITY TO PERFORM ZASHA TOGETHER WITH THE APPLICATION.

PARTICIPANTS MUST WEAR TRADITIONAL KYUDO TRAINING ATTIRE. FOR PARTICIPANTS UP TO AND INCLUDING 2 DAN, THIS MEANS BLACK (NOT BLUE) HAKAMA, WHITE KEIKOGI, AND WHITE TABI. PARTICIPANTS WITH 3 DAN OR HIGHER MUST WEAR WAFUKU AND PERFORM HADANUGI/TASUKISABAKI.

IT IS NOT POSSIBLE TO ATTEND ONLY PART OF THE SEMINAR (EXCEPT FOR SPECTATORS).

BRING A NOTEBOOK AND THE KYUDO KYOHON.

LINEUP AT START AND FINISH IS MADE WITH THE LOWEST NUMBER AT FRONT RIGHT (FACING THE KAMIZA).

SPECTATORS ARE ALLOWED DURING THE ENTIRE OR PART OF THE SEMINAR AT NO CHARGE. IF A SPECTATOR WISHES TO PARTAKE OF THE LUNCH, THERE IS A CHARGE OF SEK 80:--/DAY. APPLY AS SPECTATOR VIA E-MAIL (SEE BELOW).

PLACE

GAMLISHALLEN, VATTHOLMAVÄGEN 93, UPPSALA, SWEDEN

HOW TO GET THERE

BY CAR:

TURN OFF THE E4 AT THE UPPSALA N EXIT AND DRIVE TOWARDS THE CITY. TAKE THE FIRST EXIT IN THE TWO FOLLOWING ROUNDABOUTS (ONE LARGE AND ONE SMALL), TURNING ONTO ÖSTERLEDEN. FOLLOW ÖSTERLEDEN AND IDUNS VÄG AND THEN TAKE THE FIRST EXIT IN THE NEXT ROUNDABOUT ONTO VATTHOLMAVÄGEN. WHEN YOU HAVE PASSED THE TRAFFIC LIGHTS AT GAMLA UPPSALA YOU WILL SEE GAMLISHALLEN 50 METER AHEAD TO THE RIGHT. SEE MAP.

GPS:

VATTHOLMAVÄGEN 93, UPPSALA

GOOGLE MAPS:

[HTTPS://GOO.GL/MAPS/sBKBjKc9rCLbGYt5](https://goo.gl/maps/sBKBjKc9rCLbGYt5)

ACCOMODATION

THERE ARE A NUMBER OF HOTELS IN UPPSALA, AT DIFFERENT PRICE RANGES. THE DOJO IS LOCATED AT THE TOP OF THE MAP BELOW "GAMLA UPPSALA". SEARCH BOOKING.COM, E.G:



PUBLIC TRANSPORTATION TO AND FROM THE DOJO

THE CLOSEST BUS STOP IS "GAMLA UPPSALA" AND A NUMBER OF BUSES PASS HERE DURING THE DAY. CHECK [HTTPS://WWW.UL.SE/EN](https://www.ul.se/en) FOR TIMETABLES.

MEALS

THE SEMINAR FEE INCLUDES A LIGHT LUNCH. BRING YOUR OWN DRINK AND SNACKS FOR THE AFTERNOON BREAK. **NUTS OF ALL KINDS ARE PROHIBITED IN THE DOJO!**

APPLICATION AND PAYMENT

APPLICATION

THE APPLICATION (SEPARATE DOCUMENT) IS TO BE SENT BY E-MAIL NO LATER THAN **FRIDAY 15TH NOVEMBER.**

APPLICATIONS ARE TO BE SUBMITTED BY EACH CLUB (NOT INDIVIDUALLY). EACH CLUB SENDS THEIR APPLICATION LIST BEFORE DEADLINE TO: SEMINARIUM@UPPSALAKYUDO.SE

SEMINAR FEE

SEK 950:–

PAYMENT

PAYMENT SHOULD BE MADE TO:

ISSHA KYUDO KAI – UPPSALA KYUDOKLUBB

FROM SWEDEN:

PLUSGIRO 63 03 88–7

FROM ALL OTHER COUNTRIES:

IBAN: SE30 9500 0099 6018 0630 3887 BIC/SWIFT: NDEASESS

WITH THE PAYMENT, STATE: "SEM DEC 2024 + DOJONAME"

APPLICATION AND PAYMENT MUST BE RECEIVED NO LATER THAN **FRIDAY 15TH NOVEMBER.**

ANY QUESTIONS CAN BE ADDRESSED TO:

SEMINARIUM@UPPSALAKYUDO.SE

WELCOME!

ISSHA KYUDO KAI

[HTTP://UPPSALAKYUDO.SE](http://uppsalakyudo.se)