

## Aikido Seminar

**Bernice Tom Shihan, 7. Dan Aikikai**

**Freitag 31. März bis Sonntag 2. April 2023**



### Bernice Tom Shihan

Chief Instructor, Sunset Cliffs Aikido,  
San Diego USA

[www.sunsetcliffsaikido.com](http://www.sunsetcliffsaikido.com)

Bernice Tom began Aikido in 1974. From 1976 to 2002 she made more than ten visits to Iwama, Japan, to study with Saito Morihiro Shihan, including living in Iwama for four years. She began teaching at Sunset Cliffs Aikido in 1985 and became Chief Instructor in 1990. From 1988 to 1995 Tom Sensei hosted Saito Shihan annually.

Bernice Tom Sensei holds the Menkyo Kaiden in Aiki Ken and Aiki Jo. For the past four and half decades, she has dedicated herself to the dissemination of Aikido and makes every effort to pass the Iwama System to her students as it was passed down by Saito Shihan.

We are happy to welcome Bernice Tom Sensei for the 11<sup>th</sup> time in Ennetbaden, Switzerland.

### Programm

<b>Freitag</b>	19.00 – 20.30 Uhr
<b>Samstag</b>	10.00 – 12.00 Uhr 14.30 – 16.30 Uhr 18.00 Uhr Nachtessen
<b>Sonntag</b>	10.00 – 12.00 Uhr

### Schedule

<b>Friday</b>	7pm – 8.30pm
<b>Saturday</b>	10am – 12pm 2.30pm – 4.30pm 6pm Dinnerparty
<b>Sunday</b>	10am – 12pm

**Kosten / Fee** CHF 100.— (für Ermässigung bitte Kontakt aufnehmen / for reduction please contact us)

**Anmeldung / Registration** [dojo@aikido-ennetbaden.ch](mailto:dojo@aikido-ennetbaden.ch)

Bitte Jo und Bokken mitbringen. Versicherung ist Sache der Teilnehmenden.  
Please bring your own Jo and Bokken. Insurance is the participants' responsibility.

Es ist möglich, auf der Matte zu übernachten (CHF 10.— inkl. Verpflegung).

Youth hostel: <https://www.youthhostel.ch/de/hostels/baden/>

It is possible to sleep on the mat (CHF 10.— food included).

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