

International Aikido Seminar

Maurizio Volpe and Bernhard Boll

15th – 16th – 17th October 2021

community gym

(parking free only on the graveled parking-place at via San Gottardo , parking permit available in the gym)

CH – 6828 Balerna, Via San Gottardo 90a

organized by

Associazione Ticinese Ki Aikido, Balerna (TI) Switzerland

www.aikido-balerna.ch

Contact: segreteria@aikido-balerna.ch

Program

Friday	15 th October	20.00 - 21.30	Aikido for all
Saturday	16 th October	09.00 - 11.00	Aikido for all
		11.00 - 12.00	Aikido instructors and dan
		16.00 - 18.00	Aikido for all
		18.00	Examinations
Sunday	17 th October	09.00 - 10.00	Aikido for instructors and dan
		10.00 - 12.00	Aikido for all

Costs

	instructors and dan	kyu
complete seminar	50 Euro	40 Euro
Friday	15 Euro	15 Euro
Saturday and Sunday	40 Euro	30 Euro
Saturday only	25 Euro	20 Euro
Sunday only	20 Euro	15 Euro

Accommodation

c/o Ostello UI Furmighin, Sagno (CH), 10 minutes by car from Balerna
mansarde, showers and WC (bring sleeping bag)
if desired, accommodation possible from Friday night
CHF 30 per night and person, breakfast included
please pay cash, no credit card please

Lunch and dinner

Friday night, 15th October 2021, 22.00 h – in dojo
Pizza, rice and vegetarian spring rolls, offered by Associazione Ticinese Ki Aikido Balerna

Saturday, 16th October 2021, 13.00 h
Lunch c/o Grotto del Mulino, Morbio Inferiore (Breggia-Canyon)
Menu: risotto “parmigiana” and veal roulades, luganiga sausage with sauce of onions
vegetarian: risotto “parmigiana”, mixed salad with “formaggino della Valle di Muggio”
water in the carafe, one coffee or one limoncello, other drinks are to be paid
CHF 25 (pay before in the dojo (please pay cash, no credit card please))

Saturday night, 16th October 2021, 20.00 h
Dinner c/o Osteria UI Furmighin, Sagno
Menu: seasonal soup, tip veal with green pepper, mashed potatoes, buttered vegetable, apple cake
vegetarian: seasonal soup, vegetarian plate of the house, apple cake
water in the carafe, other drinks are to be paid
CHF 35 (please pay cash, no credit card please)

Sunday, 17th October 2021, 13.00 Uhr
Lunch c/o Grotto del Mulino, Morbio Inferiore (Breggia-Canyon)
Menu à la carte

For accommodation and the meals, we need your registration
(please use contact address from the first page)

Please tell us at least
until Friday, 8th October 2021

please consult our website regularly to be updated on the anti-covid prescriptions

Getting to the gym in Balerna:

by car from north	A2 from Lugano, exit no. 53 Chiasso, two roundabouts to Balerna, ca. 700 m, Via Municipio,
by car from south	Autostrada dei Laghi, <u>ultima uscita per Como (last exit for Como)</u> , direction “Svizzera”, customs Chiasso, follow direction Balerna
by train	to station FFS Chiasso (or to station FFS Balerna with local train TILO S10).
from north or south	from station FFS Chiasso by bus Autolinea Mendrisiense, exit Balerna-Piazza, on foot in Via Municipio, gym in 150 m
	from station FFS Balerna on foot steeply over Via Stazione to Via Municipio.

See you soon on our tatami !

