



# AIKIDO BALERNA



## INTERNATIONAL AIKIDO SEMINAR

**17-18-19 October 2025**

at municipal gym

CH – 6828 Balerna, Via San Gottardo 90a

(free parking with a municipal permit)

with Shihan

**Maurizio Volpe and Bernhard Boll**

organized by

Associazione Ticinese Ki Aikido

contact: [segreteria@aikido-balerna.ch](mailto:segreteria@aikido-balerna.ch)

<b>Friday</b>	<b>17 October</b>	<b>19:30 - 21:00</b>
<b>Saturday</b>	<b>18 October</b>	<b>09:00 - 11:30</b> <b>11:30 - exams</b> <b>16:00 - 18:00</b> <b>18:00 - exams</b>
<b>Sunday</b>	<b>19 October</b>	<b>09:30 - 12:00</b>

on the occasion of the Association's 25th anniversary,  
the seminar is free for all participants

participants must have private accident insurance  
overnight stays at local hotels; reservations must be made privately

see you soon on our tatami !



## **lunches and dinners**

### **Friday evening, October 17, 21:30 (in the dojo)**

Pizzas, rice/farro salad and vegetarian spring rolls, mineral water and beers

**dinner offered by Associazione Ticinese Ki Aikido Balerna**

\*\*\*\*\*

### **Saturday, October 18, 13:00**

**lunch at Ristorante del Popolo, Via San Gottardo 65, Balerna**

menu: local polenta, luganiga sausages, roulades, onion sauce

vegetarian: rich autumn salad, vegetable lasagna

carafe water

desserts and other drinks have to be paid extra

**€ 30 CASH payment at the reception upon arrival at the gym**

\*\*\*\*\*

### **Saturday evening, October 18, 19:30/20:00**

#### **first group**

**dinner at Ristorante Stazione, Via Stazione 34, Balerna**

**places reserved for shihan, dojo administrators + instructors (max 20 seats)**

menu: platter of cured meats and cheeses and/or porchetta, spaghetti cacio e pepe

still water in a carafe

desserts and other drinks have to be paid extra

**CHF 30 // For € currency exchange rate of the day**

#### **second group**

**dinner at Ristorante Pizzeria La Meridiana, Via San Gottardo 102, Balerna**

**room on the 1st floor, reserved for the aikido group (max 25/30 seats)**

menu: platter of cured meats and cheese with focaccia, pickles, and vegetables

pennette (choice of toppings)

still water in a carafe

desserts and other drinks have to be paid extra

**CHF 30 // For € currency exchange rate of the day**

\*\*\*\*\*

### **Sunday, October 19, 13:00**

**lunch at Grotto del Mulino, Morbio Inferiore (Parco delle Gole della Breggia)**

**à la carte menu**

---

**Reservations required for all meals  
by Friday, October 10, 2025**

**Help us give you the best welcome by confirming your participation at the seminar**

