



AIKIDO BALERNA



INTERNATIONAL AIKIDO SEMINAR

16-17-18 October 2026

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

program

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

costs

complete seminar	40 €
only Friday	10 €
Saturday and Sunday	30 €
only Saturday	20 €
Sunday	15 €

lunches and dinners

Friday evening, October 16, 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 17, 13:00

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

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

vegetarian: rich autumn salad + cheese from Muggio valley, pumpkin and mushroom risotto
water in a carafe

desserts and other drinks have to be paid extra

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

Saturday evening, October 17, 19:30/20:00

dinner at Ristorante Stazione, Via Stazione, 6828 Balerna

aperitif

pumpkin and gorgonzola cream

choice between spaghetti with cheese and pepper and paccheri alla Norma

water in a carafe

wine and beer at your discretion

desserts, spirits and other drinks have to be paid extra

€ 35 payment at the restaurant cashier

Sunday, October 18, 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 9, 2026

Help us give you the best welcome by confirming your participation at the seminar
participants must have private accident insurance

see you soon on our tatami !

