

Aikido

Kangeiko (Winter Training)

Instruction by Andrew Sato, Sensei

February 5th – February 11th, 2007

Hosted at Kiku Matsu Dojo
4512 N. Lincoln Ave.
Chicago, IL 60625
Phone: 773-784-4450



About Kangeiko (Winter Training)

Kangeiko training is usually held during the deep cold of winter. Its aim is to provide a chance for the student to test his/her determination, cut through their illusions and strengthen the human spirit. Through the shared group efforts in a harsh and cold training environment the true meaning of Shugyo and Aikido can be illuminated. Instruction will be given by Andrew M. Sato, Chief Instructor of the Aikido World Alliance. Standing and seated empty hand waza, as well as weapons training will be covered over the Kangeiko event. Please bring your jo and bokken.

Kangeiko Schedule

Monday through Thursday February 5th - February 8th	7:00 am – 8:00 am 12:30 pm – 1:30 pm 6:00 pm – 8:30 pm	Aikido Aikido Aikido
Friday February 9th	7:00 am – 8:00 am 10:00 am– 12:00 pm 2:00 pm – 4:00 pm 6:00 pm – 8:30 pm	Aikido Aikido Aikido Aikido
Saturday February 10th	10:00 am – 1:00 pm 3:00 pm – 6:00 pm 6:30 pm	Aikido Aikido Group Dinner
Sunday February 11th	9:30 am – 12:30 pm	Aikido

Kiku Matsu Dojo

Kiku Matsu is the headquarter dojo for the Aikido World Alliance. The Dojo began holding classes in January 2005 at Chicago's Gill Park three nights a week. After intensive searching we found our current home in Lincoln Square. It is a small dojo offering daily Aikido classes for both adults and children. As head dojo for the AWA on any given night throughout the year you will see visitors from other member dojo sharing their friendship and Aikido.

Lodging in the Area

Heart of Chicago

5990 N. Ridge
Chicago, IL
Ph: 773 271 9181

Guest House

2600 W. Bryn Mawr
Chicago, IL
Ph: 773 561 6811

Purple Radisson

4500 W. Touhy Ave.
Lincolnwood, IL
Ph: 847 677 1234

