

# Kangeiko 2012

## 3<sup>rd</sup> Aikido Winter School

January 30<sup>th</sup> – February 05<sup>th</sup>, 2012 – Gdynia (Poland)

## Andrew M. Sato Sensei

6 dan Aikikai

Chief Instructor of Aikido World Alliance



### About the Program:

*Kangeiko* can be translated as the intensive winter training. The main purpose of Kangeiko is a struggle against oneself and overcoming personal boundaries. Through hard and long hours of training during the cold days you can reach the heights of physical and mental effort. In this way you can find your true limits, which may lay well outside what you thought. The intensive training session builds your power and strengthens your fighting spirit to face the adversities in daily life. Passing through Kangeiko can be a very nurturing experience towards self – understanding and your study of Aikido.

Instruction by Chief Instructor of Aikido World Alliance will provide many new experiences and push your Aikido training to the maximum. The teaching of manual techniques – Tai Jutsu and using traditional weapons – Buki Waza will all be covered during a week – long training.

### About the Instructor:

**Andrew M. Sato Sensei**, 6 dan Aikikai is a full – time Aikido instructor. He trained under Fumio Toyoda Shihan, 6 dan Aikikai beginning in 1977, until Toyoda Sensei's passing in 2001, first as a member of the Ki Aikido Society, then the Aikido Association of America and Aikido Association International. From 2002 until the end of 2004, Andrew M. Sato Sensei served as the Chief Instructor of both the AAA and AAI. In 2005, he organized the Aikido World Alliance. Andrew M. Sato Sensei propagates Aikido and teaching methodology developed by Fumio Toyoda Shihan.

### About the Dojo:

**Wadokan Dojo** was established in Gdynia, Poland in 1997. Its founder is Tomasz Tyszka Sensei, 3 dan Aikikai. The name of Dojo was granted by Fumio Toyoda Shihan – President of Aikido Association International in 1998. Wadokan Dojo was a part of the first Polish structures of this organization and was an active member up to 2009. Later, a very close co – operation was started with Andrew M. Sato Sensei, a direct student of Fumio Toyoda Shihan. Wadokan Dojo became the first official representative of Aikido World Alliance in Europe.

Dojo in Gdynia offers Aikido trainings for children, teenagers and adults at different levels. Also, professional Aikido seminars and camps are organized.

**Location:** Szkoła Sztuk Walki „Galeon”; ul. Morska 91, Gdynia – Grabówek

**Price:** 320 zł – the whole camp  
150 zł – Friday – Sunday  
50 zł – per class



**Night's lodging:** sleeping in Dojo – 20 zł per night (please, bring your sleeping bag)  
or book a room in one of the hotels or hostels

**Meals:** not included;  
nearest bars: Bar „Dobry Smak”; ul. Morska 95 or Bar „Promyczek”; ul. Morska 97

**Contact:** Tomasz Tyszka phone number: +48 604 442 629 e-mail: tomtysz@wp.pl

**Camp Schedule:**

|                                       |                                                                                       |
|---------------------------------------|---------------------------------------------------------------------------------------|
| January 30 <sup>th</sup> – Monday     | 18.30 – 21.30 – training                                                              |
| January 31 <sup>st</sup> – Tuesday    | 08.30 – 11.00 – training<br>18.30 – 21.00 – training<br>21.30 – <i>get – together</i> |
| February 01 <sup>st</sup> – Wednesday | 08.30 – 11.00 – training<br>18.30 – 21.00 – training<br>21.30 – <i>get – together</i> |
| February 02 <sup>nd</sup> – Thursday  | 08.30 – 11.00 – training<br>18.30 – 21.00 – training<br>21.30 – <i>get – together</i> |
| February 03 <sup>rd</sup> – Friday    | 08.30 – 11.00 – training<br>18.30 – 21.00 – training<br>21.30 – <i>get – together</i> |
| February 04 <sup>th</sup> – Saturday  | 08.30 – 11.00 – training<br>18.00 – 20.30 – training<br>21.00 – <i>group dinner</i>   |
| February 05 <sup>th</sup> – Sunday    | 09.30 – 12.30 – training                                                              |

Please, bring your jo, bokken and tanto.



**Szkoła Sztuk Walki „Galeon”**  
(over 300m<sup>2</sup> tatami)

[http://www.aikido.gdynia.pl/aikido/mapa\\_galeon.html](http://www.aikido.gdynia.pl/aikido/mapa_galeon.html)

**YOU ARE WELCOME!!!**

**[www.aikidoworldalliance.com](http://www.aikidoworldalliance.com)**  
**[www.aikido.gdynia.pl](http://www.aikido.gdynia.pl)**

**Upcoming events in Aikido Wadokan Dojo:**

3<sup>rd</sup> Aikido Summer School with Andrew M. SATO Sensei (6 dan Aikikai) – August 13 – 19, 2012  
3<sup>rd</sup> Instructor Seminar with Andrew M. SATO Sensei (6 dan Aikikai) – August 17 – 19, 2012