

We are happy to invite you, regardless of school, affiliation or martial art style, to Yoshinkan Aikido seminar with

Hikomichi Nagano Sensei 7th Dan in Split, Croatia 31.05.-02.06.2013.

Below you can find all relevant information regarding:

- Hikomichi Nagano Sensei
- Seminar schedule and location
- Fees
- Accommodation
- Food
- Organized events in the week prior to the seminar
- Extras

Hikomichi Nagano Sensei

Hikomichi Nagano Sensei was born in 1947. He began his career as young successful judo competitor, then policeman and judo instructor of Tokio police where he was introduced into Aikido as student of renown Kyoichi Inoue 10th Dan. He spent years in Japan training intensively with notable instructors, as well as the founder of Yoshinkan aikido Gozo Shioda. Read his detailed bio [here](#).

Gozo Shioda spent 8 years in early 1930s as a top student of Aikido founder Morihei Ueshiba O'Sensei in the early stages of evolvement of Aikido from ancient samurai martial art Daito Ryu Ju Jutsu. Presenting his Aikido after the World War II in Japan, he was awarded as the best technician, and this started the development of Yoshinkan Aikido. It was selected as the only Aikido style for instructing Tokyo metropolitan and riot police and mandatory for all women. Since then it also started spreading throughout the world. You can find more on Yoshinkan Aikido [here](#).

Short professional biography of Nagano Sensei:

1961 – 1st Dan Kendo	1983 – uchi-deshi of Kenji Shimitsu, Tendoryu aikido
1964 – 1st Dan Shorinji Kempo	1985 – uchi-deshi of Gozo Shioda, Yoshinkan aikido.
1966 – 1971 – Tokyo police academy	1986 – 5th Dan Aikido Yoshinkan, starts teaching in Munich, Germany
1969 – 4th Dan Judo, 1st Dan Jodo	1992 – 6th Dan Aikido Yoshinkan
1978 – 2nd Dan Goju Ryu Karate	2006 – 7th Dan Aikido Yoshinkan
1980 – 5th Dan Judo	

Seminar schedule and location

Friday 31.05.2013.	17:30 - 19:00
Saturday 01.06.2013.	09:00 - 12:00 (1:15 / break 15min/ 1:30) 16:00 - 18:00 19:30 - Group dinner at the beach restaurant ¹
Sunday 02.06.2013.	09:00 - 11:00 (1:30 / Enbu 30min)

¹ Driving directions will be given at the seminar.

Seminar will take place in judo hall within Poljud swimming pool complex (entrance from the north). Driving directions from highway exit to the gym can be found by clicking on [this map](#).

Registration is open one hour before and lasts until half an hour before the first practice on Friday and Saturday.

If they happen, changes in schedule and location will be published on our web page and announced in direct contact with applicants. Please **check before arrival** if you haven't registered online ahead of time.

Fees

Seminar fee € 55 payable on arrival at the application desk one hour prior to the beginning of practice.
Seminar early bird fee until March 15th 2013. € 50.

For EYAF members further € 5 deduction.

All fees payable via bank transfer or PayPal. Please ask for bank/Paypal info when you decide to make a payment.

Accommodation

Specially for the seminar attendees discount rates are available in the private apartment accommodation. Reservations are made on first-come-first-serve basis. All apartments are fully equipped. Note that usually summer bookings are made in the winter, and there is high demand for apartment accommodation in Split and prices normally can go very high. We've organized apartment accommodation for lower rates for this event but the availability is not guaranteed unless you book very early. We are not responsible for your accommodation finding. All contacts are made to the apartment renting agency directly, however, if you make early bird seminar payment, they will be notified of your arrival and lower rate will apply to you.

Following apartments are on the top list being most affordable:

Apartment Skalice for 5 people €12,5/day per person. ([more info](#))

Apartment Toni for 6 people €12,5/day per person¹. ([more info](#))

Apartment Vintage for 4 people €12,5/day per person¹. ([more info](#))

Apartment Teo for 4 people €15/day per person¹. ([more info](#))

Apartment Znjana for 4 people €15/day per person¹. ([more info](#))

Apartment Studio Exclusive Centre for 2 people €25/day per person¹. ([more info](#))

¹ Price valid for 5 and more days. Use discount keyword when asking for less days.

You can find more apartments here, or contact the friendly owner, he will help you find what suits you best!



www.ApartmentsSplitAccommodation.com

E-mail: info@ApartmentsSplitAccommodation.com

Phone: +385 (0)98 995 83 11

Discount keyword: AIKIDO-NAGANO

You will be verified against the list of the seminar participants and your discount will apply. Discount is also valid for persons travelling with seminar participants.

Sleeping in the dojo for now is not possible. Some accommodation will be available in the families of our club members. Contact us for info.

Food

Food is not included in the accommodation. In all apartments there is fully equipped kitchen, though. Stores, bakeries, restaurants, pizzerias, fast food places are all readily available and nearby.

There will be a main group dinner with all seminar participants and Nagano Sensei on Saturday evening in a nice restaurant few meters from the sea, with beautiful sunset view.

All-inclusive dinner € 20 Recommended	Non-inclusive dinner € 14
- Cold appetizer (smoked prosciutto, cheese, olives, octopus salad) - Meat from live fire OR Peka (meat or octopus) - Dessert - 2,5 dcl Wine / 1 Beer / 1 Juice	- Meat from live fire OR Peka (meat or octopus) - 2,5 dcl Wine / 1 Beer / 1 Juice

Both include salad and bread, as well as aperitif.

All meals are exceptionally well prepared traditional recipes with fresh organic ingredients.

Different menu possible depending on your individual eating habits. Fill in comments in the Application form to provide more info.

Dinner cost depending on a preference payable at the arrival with seminar fee reserves you a seat. Extra food and drink is available and will be ordered and paid for individually. Driving directions will be given at the seminar.

OPTIONAL: It is possible to organize dinner for group in the days prior to the seminar. This usually means discount and available seats in the restaurants (which is sometimes an issue for bigger groups in the tourist season). As the seminar date approaches, we will contact the registered attendees for possible in-advance reservations.

Events in the week prior to the seminar

OPTIONAL: For people willing to make a vacation in a week prior to the seminar (27.05-31.05.), we've organized events where all seminar attendees and their family members can participate!

- **Organized old city tour** around the old city nucleus, Ancient Roman Palace of Emperor Diocletian, by a tourist guide - Free of charge.

- **Canyoning - Basic level or Adventure level one day trip**

Here we've partnered up with experienced agency which specializes in Adventure tourism to get some great discounts!

- *Canyoning Basic Level* - price for groups of 10 start at € 55 per person (includes: 3-4hr of trip, transportation to the site and back, lunch at the restaurant). [More info on Basic level tour](#)

- *Canyoning Adventure Level* - price for groups of 10 start at € 65 per person (includes: 4-5hr of adventure trip, lunch at the restaurant, transportation to the site and back). [More info on Adventure level tour](#)

Lunch consists of local traditional food from live fire (peka) and 1 drink (home made wine, or other by preference).

- **Boat excursion to the nearby islands and the Blue Lagoon**

Trip to the nearby island Solta and smaller islands Krknjasi which make up a beautiful turquoise coloured lagoon.

Price per person € 35 (includes: all day trip to the island and back, lunch and drink on the boat).



Exact time schedule for the above events will be announced couple of weeks before the seminar depending on the number of interested people.

On top of these, in and around Split there are plenty of: beaches, hiking spots, historical sights, museums, coffee shops, places to go out and have fun! See more photos of Split on our [website](#).

Extras

- T-Shirts will be available at the seminar for women, men and children. You will be able to preregister for your T-shirt size during online registration.
- There will be some joint training organized in and out of the dojo during the week prior to the seminar. If you are interested in leading the training in those sessions, contact me at the email address below.
- [Click to open online Seminar Application form](#)

Looking forward meeting you there regardless of your aikido style or martial art of preference!

Best regards,
Hrvoje Delac



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