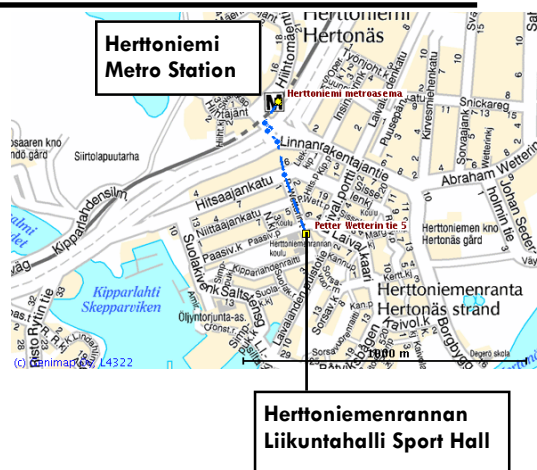


## Maps

### Seminar venue & accomodation



### Transportation information:

#### From the Sport Hall to the accomodation

Walk to Herttoniemi metro station. Either 1) take the metro to Sörnäinen and walk or take a buss from there, or 2) take bus no. 59 or 58 pretty much straight to the accomodation. (see the separate maps and the timetables)

#### From the accomodation to the Sport Hall

On Sat and Sun morning  
Walk or take a tram or bus to the Sörnäinen metro station.  
Take the metro to Herttoniemi and walk from there.

#### On Saturday evening

Walk to the Herttoniemi metro station. Take the metro to Kaisaniemi and walk from there. (see the separate map)

PYYDÄASK FOR MAPS AND TIMETABLES FROM STAFF.

#### Tickets for public transport

Tickets from driver or vending machine  
Single ticket 2,50€/2,00€ (under 16-years 1,20€/1,00€)

By mobile phone:  
Metro & tram tickets only 2,00€

Tourist tickets:  
1 day 6,80€ (under 16-years 3,40€)  
3 days 13,60€ (under 16-years 6,80€)



Kendoseura Ki-Ken-Tai-Icchi ry.  
[www.kendohelsinki.org](http://www.kendohelsinki.org)  
Suomen kendoseurojen keskusliitto ry.  
[www.kendoliitto.net](http://www.kendoliitto.net)

気剣体一致剣道クラブ

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Autumn Kendo  
Seminar  
30.10.-1.11.2009



In cooperation:  
Ki-ken-tai-icchi club  
Finnish Kendo Association

Seminar program, version 1.1

# Seminar program



Hello!

Welcome to the Ki-ken-tai-icchi Autumn Kendo Seminar.

Here you can find some useful information regarding the seminar and other arrangements.

## Teachers:

Toshinobu SAKAI (kyoshi 7. dan)

Tsukuba University, Japan

Mats WAHLQVIST (renshi 7. dan)

Police, Sweden

Ryutaro KAMEMOTO (renshi 7. dan)

Austrian Kendo Federation, Austria

Mikko SALONEN (renshi 6. dan)

Ki-ken-tai-icchi, Helsinki

Markus FREY (renshi 6. dan)

Ki-ken-tai-icchi, Helsinki

Kari JÄÄSKELÄINEN (6. dan)

Tapanilan Erä kendo, Helsinki

## Tsukuba Universityn students:

Makoto IGAGAMI (4. dan)

Yoshitaka KARUKOME (4. dan)

Please enjoy  
The seminar!



## Schedule

**Friday 30.10.** 18:00-19:00  
Opening and jigeiko  
Uchikomi-keiko for non-bogu

19:00-20:00  
Seminar Registration  
(20:00 FKA meeting)

**Saturday 31.10.** 09:00-12:00  
Training

12:00-13:00  
Lunch break

13:00-14:30  
Training

15:00-17:00  
Grading

18-24:00  
Party

**Sunday 1.11.** 09:00-12:00  
Training

(break)

12:30-13:30  
Jigeiko

13:30  
Seminar closing

## Seminar venue:

Herttoniemenrannan liikuntahalli Sport Hall  
Addr: Petter Wetterin tie 5, Helsinki

## Accommodation:

Chikara judo dojo, Sturenkatu 25

## Saturday night:

24Basement, Unioninkatu 24

## FKA meeting:

Restaurant Del Mar, Benktankuja 1

## General information

**Accommodation** Please keep the accommodation clean.

Entrance to accommodation on Friday starts at 21 pm.

On Friday and Saturday it is possible to leave things at the accommodation but place them away from the tatami.

Because of judo training, it is not possible to enter the accommodation from 10am to 8pm on Saturday. On Sunday you must leave the accommodation by 9:00 am.

**Transportation** No transportation has been arranged during the seminar.

The public transportation will take you everywhere.

Please ask the locals before getting lost.

**Meals** It is recommended that you buy breakfast at the supermarket on Friday. There is coffee, hot water and a microwave oven at the accommodation.

It is also a good idea to bring lunch with you on Saturday. There are fastfood restaurants close to the venue

## Contact information

### General inquiries:

Heini Inkinen (050-3316032)

Akseli Korhonen (050-5304087)

### Accommodation master:

Joel Esteban (040-8337794)

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