

# Aikido Seminar with Michael Holm



*in Madrid, on 19th-20th October*



Michael Holm was born in Belgium and began to practice Martial Arts at the age of 14 years.

He is one of the main exponents of Aikido in Denmark and teaches courses in this discipline throughout Europe and South America.

He works in the University of Copenhagen, being also teacher of F.M. Alexander Technique and publisher of eBooks.

## Schedule:

Saturday 19th:

11:40-13:00 h  
13:00-13:10 free  
13:10-14:30 h

17:40-19:00 h  
19.00-19.10 free  
19:10 – 20:30 h

Sunday 20th:

11.00-12.20 h  
12.20-12.30 free  
12:30-14:00 h

**Price:** All seminar: 80€ / One session: 40€

## Place:

Gimnasio Bushidokwai.- Macario García

Street Donoso Cortés 53

Subway: Islas Filipinas and Moncloa

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