



# SHANGHAI XIJIAO AIKIDO DOJO

上海西郊合气道

We are pleased to invite you for a Seminar with

我们很开心地邀请您，参加 中尾真吾老师的研修会

**Nakao Shingo, 7<sup>th</sup> Dan Aikikai**

中尾真吾，七段

**Instructor /指导教练:** Nakao Shingo, 7th Dan Aikikai, Seibukan, Kobe, Japan

Nakao Shingo Sensei currently holds 7<sup>th</sup> Dan Aikikai. He is head of Seibukan Dojo in Kobe / Japan which has a history of 60 years. Moreover he is the Chairman of Hyogo Prefecture Aikido Association. His major teacher and mentor was Yamaguchi Sensei who strongly influenced his relaxed yet powerful and harmonious Aikido style. Endo Sensei is also his teacher and since more than 40 years regularly visits and teaches in Seibukan. Nakao Sensei now practices Aikido since 48 years. He regularly visits dojos abroad holding seminars in many places such as Milton Keynes (UK), Hanoi and Ho Chi Minh City (Vietnam), Shanghai (PRC). Victoria and Vancouver (Canada), Seattle (USA) and Manila (Philippines). Moreover and for 15 years he used to teach every year in KL (Malaysia).



中尾真吾老师目前是合气会七段，是有着六十年历史的日本合气道神戸せいぶ館の负责人。中尾老师还是日本兵库县合气道协会的主席。中尾老师主要跟山口老师学习，受山口老师强烈的影响，中尾老师的合气道是放松又充满能量的、和谐的风格。远藤老师也是他的老师，40多年来也定期访问せいぶ館及授课。中尾老师练习合气道已经48年了，他经常在拜访各处的道场并举办研讨会，比如在米尔顿凯恩斯(英国)、河内和胡志明市(越南)、上海(中国)、维多利亚和温哥华(加拿大)、西雅图(美国)和马尼拉(菲律宾)。此外，15年来，他每年都在吉隆坡(马来西亚)教授合气道。

**Time / 时:** 间 Sat. 19. May 2018: 10:00-12:00  
2018 五月十九号 周六 14:00-16:00  
party 17:30-20:30

Sun. 20. May 2018: 10:00-12:00  
2018 五月二十号 周日 15:00-17:00

**Fee /费用:** 80 RMB per session, 180 RMB Party, students 50% discount /  
每节课 80 元人民币，晚宴 180 元人民币，学生 5 折

**Registration Deadline / 预约登记截止日期:** 2nd May 2018 / 2018 五月二号

**Venue /会场:** Shanghai, Jing An District, Media Park, Lingshi Lu 709, 3/F Bldg. 44  
上海市静安区灵石路 709 号媒体园 44 幢 3 层

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The Seminar is open for beginners and advanced / 此次研修会对较高练习者及初学者公开。

Kind regards and we look forward to meeting you on the mats in Shanghai.  
祝好，并希望尽快能够与您在上海的垫子上相见。

Ulrich Mierswa



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