VARESE - ITALY

APRIL 25th-26th, 2026

INTERNATIONAL AIKIDO SEMINAR

A I A

Kobayashi Ryu

ASSOCIAZIONE INTERNAZIONALE AIKIDO

AiCS ASSOCIAZIONE ITALIANA CULTURA SPORT - APS

ITALIA ENTE DI PROMOZIONE SPORTIVA RICONOSCIUTO DAL CONI

ASSOCIAZIONE INTERNAZIONALE AIKIDO asd

JOIN US

everyone is welcome

INFO and REGISTRATION at www.aikido.it

Advanced booking required by end of March

in collaboration with AIKIDO BUIKUKAI VARESE - Società Varesina di Ginnastica e Scherma asd

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LOCATION

AIKIDO BUIKUKAI VARESE
"Società Varesina di Ginnastica e Scherma asd"

via Donatello, 1
21100 VARESE - ITALY

HOW TO REACH US

BY PLANE	MILANO MALPENSA (MXP) MILANO LINATE (LIN)
BY TRAIN	VARESE FS VARESE NORD FNM
BY CAR	A8 HIGHWAY exit VARESE

HOW TO BOOK

Fill in the form available at www.aikido.it
by **end of March 2026**.

AIKIDO LESSONS FEES

AIA members: **free of charge**

Non members: **20 €** per lesson or
50 € whole seminar

WHERE TO STAY

B&B Le due G	https://bb-ledueg.it/it/
Hotel Vecchia Riva	www.vecchiariva.com/en/
Hotel Ungheria	www.hotelungheria.it/en/
Hotel Capolago	www.capolago.it
Art Hotel	www.arthotelvarese.it

Several other options available.
Feel free to search for the one that best suits you.

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SCHEDULE

SATURDAY 25

09:00 – 09:45 Check-in
09:45 – 10:00 Welcome message
10:00 – 12:30 Aikido **1** (*break around 11:15*)
12:30 – 14:00 Lunch break
(*bring a packed lunch*)
14:00 – 18:00 Aikido **2** (*break around 15:50*)

20:30 *group dinner at a local restaurant*

SUNDAY 26

09:15 – 10:00 Check-in
10:00 – 12:30 Aikido **3** (*break around 11:15*)
12:30 – 12:45 Goodbye message

13:30 *group lunch at a local restaurant*

The aikido lessons will be held by the AIA Masters.

**Schedule may vary.*

TOURIST INFO

The city of Varese is known as the "Città Giardino " (Garden City) due to its many parks, such as, the "Giardini Estensi" (Town Hall park), the park of Villa Mylius, the park of Villa Toeplitz, the parks of Villa Panza and Villa Ponti, and the "Zanzi" park on the shores of Varese Lake.

Varese is built on seven hills (like Rome) and extends across a unique area known as the "7 Laghi" (7 Lakes).

It boasts numerous monuments—it is one of the capitals of Liberty Art—museums, and tourist attractions, including four UNESCO World Heritage sites. The "Sacro Monte di Varese" is one of UNESCO sites and it is one of the most fascinating pilgrimage sites of Italy.

Futher information at www.varesedoyoulake.it/en/

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