
Lewis Bernaldo de Quiros, 7th dan

February 15-16 2025

We welcome all aikidoka, regardless of rank or style, to a seminar with Lewis Bernaldo de Quiros sensei

The weekend seminar will be led by Sensei Lewis Bernaldo de Quiros, 7th Dan Aikikai and Technical Director of Traditional Aikido Europe (TAE).

Sensei de Quiros trained full-time under the late Morihiro Saito Sensei (9th Dan) from 1986 until 1993 in the Iwama Dojo in Japan. Prior to beginning his training in Aikido, he trained for 10 years in both Judo and Karate (Shotokan Karate under the late Keinosuke Enoda Sensei 9th Dan in London). During his stay in Japan, he also practiced Kyudo (Traditional Japanese Archery), Japanese calligraphy and Zen.



Since returning from Japan, he has taught Aikido on a full time basis and to date has conducted well over 350 international seminars. After returning from Japan he maintained regular contact with his teacher through seminars both as a participant as well as assistant and translator until his passing away in 2002.

Lewis received the rank of 5th Dan Aikikai from Morihiro Saito Sensei in 1999 and 6th Dan Aikikai from Doshu Moriteru Ueshiba (Hombu Dojo Tokyo) in 2009. In 2024 he was awarded the rank of 7th Dan Aikikai.

He is the Senior Instructor and Examiner on behalf of Hombu Dojo of a European network of Dojos (TAE) committed to developing, researching and transmitting the style of Aikido known as Takemusu Aikido (Iwama Aikido) which was transmitted directly to Morihiro Saito Sensei from the Founder of Aikido Morihei Ueshiba during his more than 23-years as a direct student at the Founder's Dojo in Iwama Japan.

Weapons: Bokken and jo. If you need to borrow weapons, please let us know by indicating that in the registration form.

When? 15-16 February 2025

Where? Frölunda Judoklubb, Klubbvägen 8, Västra Frölunda



Register here
<https://adg-aikido.se/dequiros2025>

Contact information: info@adg-aikido.se or [+46 768 800 674](tel:+46768800674) (Vlad) or [+46 739 659 090](tel:+46739659090) (Alula)

Schedule

Saturday		Sunday	
09.30	Registration		
10.00 – 12.00	Training	10.00 – 11.30	Training
12.00 – 13.15	Lunch	11.30 – 12.00	Short break
13.15 – 16.15	Training	12.00 – 13.30	Training
17.30 –	Party!		

Prices

Whole seminar	Saturday only	Sunday only
900 kr / 80 € Vegetarian lunch meal at dojo, 220 kr / 20 € - check the box in the registration form!	700 kr / 60 €	500 kr / 40 €
	Sleeping in the dojo	
	90 kr / 8 € per night	

Note! Young people under 16 years need to be accompanied by an adult!

Payment information

Postgiro: **462 37 05-3**

Swish: **123-16 17 109**

Bank account: **SE83 9500 0099 6042 4623 7053 (NDEASESS)**

We would like to keep cash payments to a minimum, please pay to one of the options of the above if possible.

The fees should be paid by January 18th. If you register after that date, make the payment together with the registration.