

AIKIDO KOKIKAI AUTUMN CAMP

Aikido Kokikai Melbourne is pleased to invite our members to the 2026 Kokikai Autumn Camp

This camp will be led by **Michael Sinagra, 6th Dan**, accompanied by **Allen Iu, 6th Dan**.

Location: **Belgrave** Community Hub
1616/1624 Burwood Hwy, Belgrave

Transport: Take **Belgrave** Train Line to Belgrave station, then a 5 minute walk to the Community Hub.

Please take this great opportunity to watch and learn Aikido, as well as catch up with other Kokikai Aikido community members.

DATE: 28th and 29th of March 2026

Please bring: Kokikai Aikido student passport, Dogi, Hand/Face towel, Mat-side Footwear, water bottle, Bokken & Jo

Belgrave is located in the lush, native forests of Dandenong Ranges. Improve your well-being with a ***Shinrin-yoku*** session on **Sunday morning**. This 45 minute walk will connect your senses with nature, by immersing in the forest environment.

SCHEDULE

SAT: 28th March

9.30 Registration/Setup
10.00 Training
11.30 Break
11.45 Training
13.00 Lunch
14.00 Training
15.30 Break
15.45 Training
17.00 Finish

SUN: 29th March

8.30 *Shinrin-yoku*
10.00 Training
11.30 Break
11.45 Training
13.00 Lunch
14.00 Training
15.30 Finish/Pack up

PRICE

Full Camp: \$90 and \$80 (visitors outside Melbourne)

Single Day: \$50

Payment collected during registration

To confirm camp attendance, billeting or enquiries

Please email: ilia.banakh@gmail.com

lukeadamthompson@gmail.com



Morning/afternoon tea are provided.

Please take care of your own lunch.

Lunches, dinners and social events are not included in the camp fees.

Saturday night dinner from 7pm.

Please advise of dinner attendance during registration.



ETIQUETTE

- Be punctual. Turn up at least 15 mins before the sessions dressed & ready.
- Bring a clean gi and use a deodorant.
- Bring a small towel to remove excess sweat.
- Do not train under the influence of alcohol or drugs.
- Seek professional advice in regards to any medication being taken.
- Keep the dojo clean. Wear footwear at all times when not on the mat.
- Train with common sense. Be gentle & cautious as space will be limited and you will train with uke you are not used to.

WE LOOK FORWARD TO SEEING YOU HERE IN
2026