

Scottish and Borders Birankai Spring Camp 2016

May 28th - 30th
Stirlingshire, Scotland

with instruction by

Gabriel Valibouze, 6th Dan
Shihan from Strasbourg Aikikai

Mike Flynn, 6th Dan Shihan from Thistle Aikikai

Assisted by Scottish and Borders Birankai
Senior Teachers

Zazen

Body Art

Weapons

Iai Batto-Ho

Places are limited for residential accommodation.

For enquiries contact Saul at
springcourse2016@gmail.com

“Wha daur meddle wi me”

Chapter and Verse

The Venue:

Our accommodation will be in Carronvale House, Carronvale Rd, Larbert, Stirlingshire, FK5 3LH. The property is currently owned by The Boys Brigade, and has accommodation for 65 people in a mixture of two, three and four bed rooms, all en suite. Meals will be served in Carronvale House, with the exception of an optional box lunch on the final day, and a buffet accommodation for commuters in the sports hall. We will have full use of the grounds throughout our stay, which include a lovely garden, 5-a-side football pitch and tennis court. ([Link to venue](#))

The Training:

Training will be based on Chiba Sensei's Four Pillars of:

- Zazen
- Tai Jitsu
- Weapons
- Iai Batto-Ho

During this course, training will be organized into blocks, with each block consisting of 4 hours of training broken down into sitting, tai jitsu, weapons, and laido. There will be 4 complete blocks throughout the weekend.

	AM	PM
Saturday		1300 ~ 1700
Sunday	0830 ~ 1230	1430 ~ 1830
Monday	0830 ~ 1230	

Additionally, there will be directed training for teachers. It is requested that each teacher take a moment of self reflection and identify what they feel are their key weaknesses in body art, weapons and Iai Batto-ho. These will be collected, analyzed, and used to construct an additional complete block for teachers, focusing on weaknesses identified and running concurrent with the standard training.

Fees:

Accommodation and meals:	Training :
1 night and 3 meals = £45	1 Block = £ 35
2 nights and 6 meals = £90	2 Blocks = £55
	3 Blocks = £65
	4 Blocks = £70

Book online [here](#). You will receive an invoice and payment details shortly.