



## Hiramasa Maeda

Will hold in Leskovac, Serbia

a seminar of Waraku,

from 31<sup>th</sup> July to 6<sup>th</sup> August 2011

Approved by the Association Waraku Europa

[www.waraku.eu](http://www.waraku.eu)



Waraku is a discipline developed by Maeda Sensei, former karate champion and Member of the Oomoto Shinto group (of which was also a member Ueshiba Sensei, founder of Aikido). Waraku consists of spiral movements accompanied by the use of respiration and sounds, movements like those of many traditional Japanese arts, like tea ceremony or No theatre. Waraku movements can be practiced both with a bokken (wooden sword) or with empty hands and they produce harmony, energy, centrality and effective use of body and mind. Maeda Sensei transmits Waraku as a “Budo”, meant as a means of pacification and completion of every human being rather than a way to attack others.

**The course will be divided into two levels:**

- **from Sunday 31th July to Tuesday 2th August: Waraku basic (first level)**
- **from Thursday 4<sup>th</sup> to Saturday 6th : Budo Waraku (second level)**

The course will be held at:

Competence Improvement Centar (CIS), Leskovac, Vlade Djordjevic b.b.

Organized by:

Karate club “Musashi” Leskovac

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Aleksandar Janjić, [buca66@open.telekom.rs](mailto:buca66@open.telekom.rs)

For informations and registrations: +381642157315 (after 3 p.m. CET), [pedjacakic@gmail.com](mailto:pedjacakic@gmail.com)

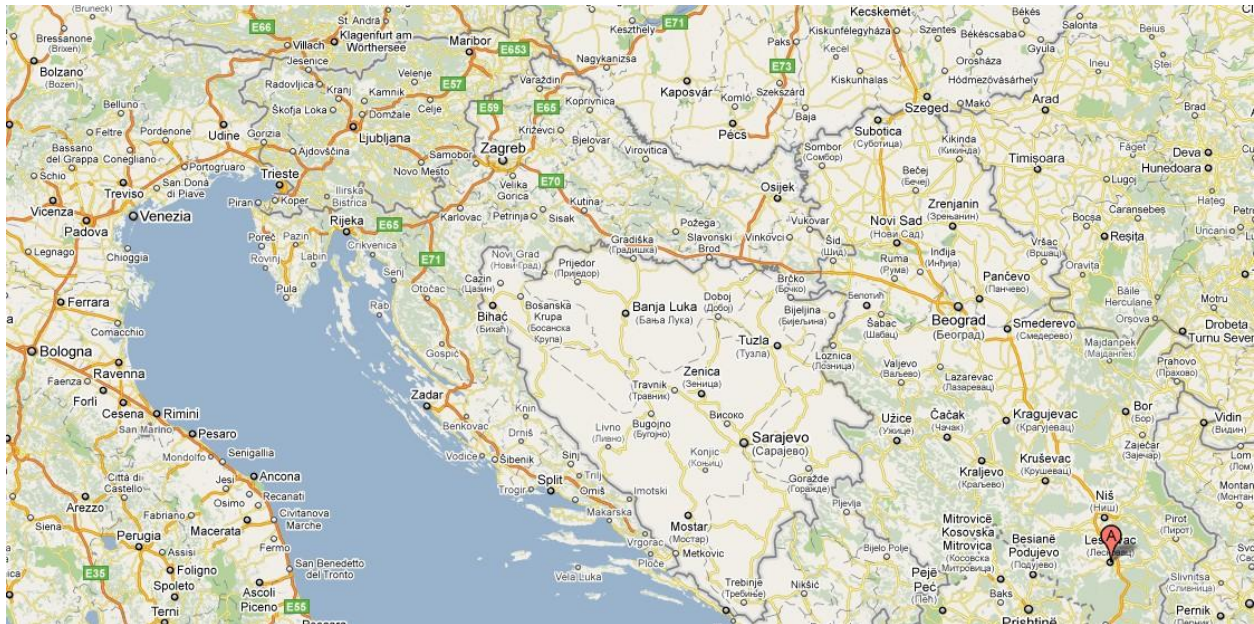
# 2011 European WARAKU Seminar

Approved by the Association Waraku Europa

[www.waraku.eu](http://www.waraku.eu)

The Waraku seminar will take place from:

from 31th July to 6th August 2011, in Leskovac, Serbia, Competence Improvement Centar,



**By Car:** Highway E 75 from Belgrade to Athens, exit Leskovac

**By Plane:** International airport “Nikola Tesla” Belgrade, taxi to the Central bus station Belgrade,

Bus guide Belgrade-Leskovac:

There is regular bus service to Leskovac, but these lines are recommended:

Kanis Company-Leskovac

Belgrade(13:20)-Nis(16:10)-Leskovac(17:00)

Belgrade(15:50)-Lapovo(17:30)-Nis(19:10)-Leskovac(19:55/20:10)

Belgrade(17:40/18:05)-Nis(21:05)-Leskovac(21:50)

Belgrade(19:10)-Leskovac(22:10)

Jovic-Travel Company

Belgrade(14:00)-Leskovac(18:00)

Belgrade(15:30)-Leskovac(19:00)

For more than 15 people, a organized shuttle bus from the airport to Leskovac could be arranged (price is 35€ per person),

## Structure of the seminar

The course is divided into two sessions (2 times 3 days)

**Waraku basic level** (from 31th July to 2th of August) is intended for people who approach Waraku for the first time or for people who having already followed master Maeda's workshops and wish to repeat and improve the fundamental exercises in Waraku.

Recommended dress: white Gi or light coloured clothes (comfortable and clean), Tabis or white socks.

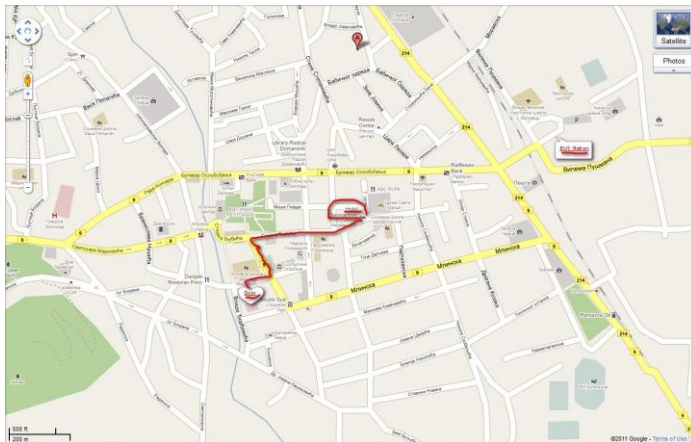
Participation in Waraku basic course:

Starting 31th July, ending 2th of August

*Meeting: Saturday evening at 21h30 in Garni Hotel "Djermanovic" Leskovac.*

The course will be held at: Competence Improvement Centar (CIS), Leskovac, Vlade Djordjevic b.b.

Intensive seminars (5 to 6 hours a day) with Sensei Maeda (wooden training stick included).



**Figure is representing location of hotel and CIS (Dojo) and prefferable routes from hotel to Dojo**

**Budo Waraku** Advanced session (from 4th to 6th August) is intended for people who have already followed master Maeda's workshops. Those who participated in the first level course of Waraku can continue to practice under Maeda's guidance to improve the fundamentals.

Dress: white Gi, Hakama, Tabis or white socks and our personal Tsurugi.

Participation in Budo Waraku advanced course:

Starting 4<sup>th</sup>, ending 6<sup>th</sup> of August

*Meeting: Wednesday evening at 21h30 in Garni Hotel "Djermanovic" Leskovac.*

The course will be held at: Competence Improvement Centar (CIS), Leskovac, Vlade Djordjevic b.b.

Intensive seminars (5 to 6 hours a day) with Sensei Maeda (wooden training stick included / Take your personal Tsurugi).

**Seminar fee:** basic seminar only- 230€

advanced seminar only - 270€

both seminars - 430€

Wednesday 3th of August will be a free day for the organized visiting tour of historical and cultural monuments and other sites in Leskovac and surroundings.



**Panorama of the city of Leskovac**

### **Accommodation**

Full board at Garni Hôtel Djermanovic<sup>1</sup> ([www.djermanovic.co.rs](http://www.djermanovic.co.rs)), Hotel prices per day:

Single room overnight stays with breakfast 35 Euros

Single room full board breakfast, lunch and dinner 45 Euros

Double room overnight stays with breakfast 30 Euros per person

Double room full board breakfast, lunch and dinner 40 Euros per person

Triple Bed apartment overnight stays with breakfast 25 Euros per person

Triple Bed apartment full board breakfast, lunch and dinner 35 Euros per person

**Payment:** Because of high money transfer rates imposed by banks, payment method for both seminar fee and accommodation will be cash payment directly, to the seminar organizers.

**Conditions:** Every participant has to be in possession of a personal accident insurance policy. The organizer declines any responsibility and right of appeal. The participant accepts these conditions when he registers for the seminar.

**For information and registrations:** +381642157315 (after 3 p.m. CET), [pedjacakic@gmail.com](mailto:pedjacakic@gmail.com)

Registration: The registration form should be filled in and sent to the organizers by e-mail ([pedjacakic@gmail.com](mailto:pedjacakic@gmail.com)) or regular post mail to the following address:

Predrag Cacic, Nemanjina 5/8, 16000 Leskovac, Serbia

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<sup>1</sup> Hotel is consisting of 3 single rooms, 6 double with French bed and 3 double with single beds, 2 triple apartments. Two single rooms and 2 double rooms with French beds are already reserved for participants who registered earlier.



REGISTRATION FORM  
EUROPEEN WARAKU SEMINAR  
JULY / AUGUST 2011  
LESKOVAC SERBIA

Registration

(Please write in block letters)

NAME: (capital letters) ..... First name: .....

Address: .....

Area code: ..... Country: .....

Phone: ..... Mobile Phone: .....

E-mail: .....

Date of birth: .....

AWE Member (Association Waraku Europa): Yes ..... No .....

I already practise Waraku: Yes ..... No ..... Since: (date) .....

Other technique(s): .....

Number of Waraku training course(s) already followed with Sensei Maeda: .....

*(All this information is necessary to fill in the course certificates)*

I shall participate in the complete Waraku seminar from 31th july to 6<sup>th</sup> of August .....

I shall participate in the first level Waraku seminar from 31th july to 2<sup>th</sup> of August .....

I shall participate in the advanced Budo Waraku seminar from 4th to 6<sup>th</sup> of August .....

I confirm that I have taken note of the conditions (structure of the seminar)

Date of inscription: ..... Signature: .....

**I am sending my inscription duly completed and signed, by post, to the following address:**

Predrag Cakic, Nemanjina 5/8, 16000 Leskovac, Serbia, or by mail: pedjacakic@gmail.com