

# Iwama Takemusu Aikido Course

with

**Bjorn Saw 5<sup>th</sup> Dan Aikikai**  
(Aikido Alive Wells, Somerset)

**23 and 24 May 2026**

Bjorn Saw Sensei has been practising Aikido for more than 50 years and runs the Aikido Alive UK organisation. He was uchi-deshi in Iwama and taught by Morihiro Saito Shihan, 9<sup>th</sup> Dan for several years.

All Aikido practitioners are welcome. Please bring bokken and jo.

*Aikido was created in the last century by Morihei Ueshiha O'Sensei.*



**Venue** Down Leisure Centre  
Downpatrick

**Times** Saturday 11-13 and 14-16  
Sunday 11-13

**Cost** £40 entire course;  
£30 Saturday only;  
£20 Sunday only;  
Concessions possible.



Contact Dr. Martin Mathieu, 4<sup>th</sup> Dan at 07976 758908 for registration and more information or e-mail [adm@martinmathieu.net](mailto:adm@martinmathieu.net)