

Tokitsu Ryu

Italia

INTERNAZIONAL JISEI BUDO SEMINAR ASSISI (IT)

with Sensei
KENJI TOKITSU

from July 3 to July 7 2025

10° Dan

> **12 HOURS OF TRAINING** with Sensei Kenji Tokitsu

> **THEMATIC WORKSHOPS** held by the school Masters

> **4 NIGHTS WITH FULL BOARD OPTION**

check-in:

Thu 3 July from 12:00 pm

check-out:

Mon 7 July by 9:00 am

> **ALL THE ACTIVITIES WITHIN THE SAME COMPLEX!**

1° practice on friday morning - last practice on sunday afternoon.

This event is aimed at students of the school, but it is also open to all practitioners of other disciplines, with no age or level limit. During the seminar, Sensei Tokitsu will demonstrate his own method, that is the result of years of study and research in the field of martial arts (Budo), ranging from Karate, Qi Gong, Taiji Quan and Yi Quan, in the pursuit of health, well-being and efficacy.



> **MANY MOMENTS OF SHARING AND CONVIVIALITY** among the members of the Tokitsu Ryu family

> **TOURS TO DISCOVER THE CENTER OF ASSISI** with its monuments and its flavours

> **EASILY REACHABLE FROM ROMA FIUMICINO INTERNATIONAL AIRPORT**

90 min by train to Foligno + shuttle to Assisi

CONTACTS: Jiseido Lissone

mail: jiseido.lissone@gmail.com - whatsapp: +39 335 225289 - website: www.jiseidolissone.it



WHERE

Oasi Sacro Cuore, Viale Vittorio Emanuele II, n°5 - Assisi (PG)

Oasi Sacro Cuore is a peaceful and quiet place, immersed in a large park, a short walk from the historical center of Assisi.

The Oasi complex offers single, double and multiple bedrooms with a splendid view over Assisi, each with private bathroom and shower.

In the Oasi you will also find a bar, large halls for common activities and for guests to meet, a dining hall and a private parking space.



Oasi Sacro Cuore

PROGRAM

- 07.00 - 07.30 zazen meditation (optional)
- 08.00 - 08.45 breakfast
- 09.00 - 11.00 practice: Qi Gong - Yi Quan
- 12.30 - 13.30 lunch
- 13.45 - 16.00 discover Assisi
- 16.30 - 18.30 practice: Jisei Budo
- 19.00 - 20.30 dinner

COSTS

full board

(Arrival day dinner, departure day breakfast included.)

- double.....480 €
- single.....520 €

half board

(Arrival day dinner, departure day breakfast included)

- double.....460 €
- single.....500 €

bed and breakfast

- double.....440 €
- single.....460 €

[for further questions please contact Jiseido Lissone]

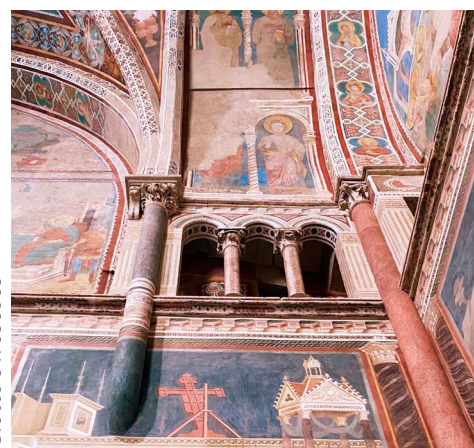
BOOKING CONDITIONS (see required forms)

50% of the due amount by 30/03/2025

50% balance by 30/05/2025



Assisi night sky



Giotto's frescoes

M^oTokitsu with the D.T. Italia A. Marinuzzi