



On behalf of the Swedish Kendo Federation

Seikyukai invites you to a

NORDIC KYUDO SEMINAR

**Lillsved Idrottsfolkhögskola (Värmdö),
Stockholm, Sweden**

6-7th of June, 2026

Instructors:

Tryggvi Sigurdsson, Kyoshi 7 dan
Gérald Zimmermann, kyoshi 6 dan



SVENSKA KENDOFÖRBUNDET
SWEDISH KENDO FEDERATION • 瑞典劍道連盟

Venue: Lillsved Idrottsfolkhögskola, Lillsvedsvägen 100, 139 90 Värmdö (Stockholm), Sweden

Preliminary Program:

Saturday, June 6th: 09:00 – 17:00 (Registration open from 08:00)

Sunday, June 7th: 09:00 – 15:00

More detailed program will be provided at a later date.

The seminar is open for participants from Sweden, Denmark, Norway, Finland and Iceland. Basic knowledge of shooting at mato in tachi is required in order to participate.

Participants who are not able to perform zasha (sitting form) are required to inform about this in the application and will be able to perform rissha (standing form). Participants who have applied for rissha must attach a medical certificate to the application, confirming hindrance to perform zasha.

Things to consider:

- *Bring a notebook and the kyudo manual*
- *For the line-up at opening/closing ceremonies the lowest number is positioned at the front, to the right as you face kamiza.*
- *Do not pose questions during the seminar, unless you are directly requested.*

We may take photographs, which may be published on social media platforms. If you do not consent to this, please inform us at the time of your application.

Participants should wear traditional kyudo training attire: hakama, keikogi/kimono and white tabi. Participants holding 3 dan or higher should carry kimono and perform hadanugi/tasukisabaki.

Seminar fee and accommodation:

The seminar fee includes lunch on both Saturday and Sunday, dinner on Saturday and coffee/tea on Saturday afternoon. No dinner available on Friday.

Accommodation at Lillsved can be included as an option in the application according to the following alternatives:

- 1) Seminar only:**
SEK 1.500,00
- 2) Seminar+ accommodation, Saturday – Sunday:**
SEK 3.000,00
- 3) Seminar + accommodation, Friday evening – Sunday:**
SEK 3.500,00

Logding at Lillsved includes breakfast, bedding and room cleaning.

Alternative Accommodation:

Siggesta Gård – 5-10 minutes by car from Lillsved. <https://siggestagard.se/hotell/>

Directions to Lillsved Idrottsfolkhögskola

By Boat

The most aesthetic way of travel is by public boat transfer through the Stockholm Archipelago. Boat schedules can be found at <https://waxholmsbolaget.se/>

By Car

Follow Route 222 (Värmdöleden) out of Stockholm towards *Gustavsberg*. Pass exits toward *Gustavsberg* and also pass exit to *Stavsnäs*. Continue on Route 274 just past *Hemmesta*. At the T-crossing turn left towards *Vaxholm*. Follow that road past *Siggesta Gård* and soon a sign will direct you to **Lillsved** on the right.

By Public Transport

Catch bus no. 437 from the bus terminal at the subway station *Slussen to Lillsved*. (At certain times bus no. 474 with a transfer to bus no. 437 at *Kolvik*.) *Lillsved* is the final station of the bus route. Travel time is approximately 1 hour from *Slussen*.

Please find a bus schedule at www.sl.se

Application:

The application form should be sent *club-wise by e-mail, no later than April 24th, 2026*, to: kontakt@seikyukai.se

(Please see the application form, separately attached in the e-mail)

Payment of the application fee should be made *club-wise, no later than May 6th, 2026*, to:

Seikyukai Kyudoförening

For payment in Sweden: Plusgiro 144543-6

For payment from outside of Sweden:

IBAN SE27 9500 0099 6026 0144 5436

BIC NDEASESS

Please mark the payment: *Seminar 2026 + club name and country (SE/DK/NO/FI/IS)*.

Spectators: Spectators are welcome, but they must preregister via kyudo@kendoforbundet.se. Spectators should not carry kyudo attire.

Questions: Regarding logistics, lodging, payments or transport please contact Seikyukai at kontakt@seikyukai.se.

Regarding content of the seminar, questions to Sensei or medical certificates please contact the Swedish Kendo Federation's Kyudo representative, Linda Wohlin at kyudo@kendoforbundet.se

Welcome!