



Per-Ola Olsson Aikido, 5th Dan Shidoin

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@perola1966

My name is Per-Ola Olsson and I have been training Aikido since August 1990. I hold a 5th Dan (black belt) in Aikido since January 2018. I have been the head coach of Aikido at Malmö Aikido Club and since 2009 also in Malmö Budo Club

I have been the treasurer of the Malmö Aikido Club for 9 years, and a member of the board Malmö Budo Club. In 2013 and 2014 I was a board member of the Swedish Aikido Federation.

I have a great interest in Japan have visited Japan three (spring of 2006, summer 2009, 2014 and 2016), to practice aikido, karate (in 2016) and to experience the country. I have a minor knowledge in spoken Japanese and experience of the Japanese culture and business culture.

Aikido Black Belts

- (1st Dan) Shodan Aikido, Iwama Ryu, 5th of May 1999
- (2nd Dan) Nidan Aikido, Iwama Ryu, 12th of February 2002
- (2nd Dan) Nidan Aikido, Swedish Budo Federation Aikido Section, 26th August 2002 (National dan grade)
- (2nd Dan) Nidan Aikido, Aikikai, 25th April 2004 (converted dan grade)
- (3rd Dan) Sandan Aikido, Aikikai, 15th September 2005
- (4th Dan) Yondan Aikido, Aikikai, 1st February 2010
- (5th Dan) Godan Aikido, Aikikai, 14th January 2018

Instructor Titles

- Fukushima Aikido, Graduation Committee, Swedish Budo Federation Aikido Section, 23rd November 2003
- Shidoin Aikido, Graduation Committee, Swedish Aikido Federation, 14th September 2010



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Instructor Licenses

- D-level instructor license, Swedish Ju-Justu Federation, 13th March 1999, Patrick van Hengel
- C-level instructor license, Swedish Ju-Justu Federation, 12th March 2000, Anders Bergström
- Instructors License, Aikido, Group Instructor, 29th November 2009, Swedish Budo & Martial Arts Federation.
- Instructors License, Childrens Instructor, 29th November 2009, Swedish Budo & Martial Arts Federation
- Instruktörslicens, Aikido, Klubbinstruktör, 27th May 2012, Swedish Budo & Martial Arts Federation

Experience

- Aikido instructor, Malmö Aikido Club, 1993 - 2005
- Treasurer, Malmö Aikido Club, 1995-2004
- Member of seminar arrangement committee, Sverige national seminar in Aikido, Kockums Fritid, Malmö, Sweden, 2001
- Head coach, Malmö Aikido Club, 2003 -
- Aikido, uchi deshi, 2 weeks Feb/Mars 2006, Iwama, Ibaraki prefecture, Japan
- Aikido, uchi deshi, 2 weeks Aug 2009, Iwama, Ibaraki prefecture, Japan
- Head coach, Aikido, Malmö Budo Club, 2009 -
- Member of seminar arrangement committee, Sverige national seminar in Aikido, Aurahallen, Malmö, Sweden, 13th – 15th May 2010
- Member of nomination committee, Swedish Aikido Federation, 2010
- Board member (Secretary) of Malmö Budo Club, 2012 – 2014
- Aikido, uchi deshi, 2 veckor Juli 2014, Iwama, Ibaraki prefektoren, Japan
- Board member of Swedish Aikido Federation 2013 – 2014
- Board member, Malmö Aikido Club, 2018 –



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Education

- Instructor's seminar for Iwama Ryu Aikido Scandinavia, Torsby, 12th February 1995. Trainer: Lars-Göran Andersson
- D-level instructors seminar, Swedish Ju-Justu Federation, 13th March 1999. Trainer: Patrick van Hengel
- C-level instructor's seminar, Swedish Ju-Justu Federation, 12th March 2000. Trainer: Anders Bergström
- Instructor's seminar for Takemusu Aikido Scandinavia, Gothenburg, 25th – 26th November 2006. Trainers: Ulf Evenås & Lars-Göran Andersson
- The 'Platform, children & youth trainer course', SISU Idrottsutbildarna, 11th February and 15th March 2008
- Swedish Budo & Martial Arts Federation, Group Instructor seminar, 2009
- Swedish Budo & Martial Arts Federation, Club Instructor seminar, 25th to 27th May 2012
- Swedish Aikido Federation seminar for Fukushidoin & Shidoin. 26th & 27th November 2013, Stockholm, Sweden. Trainers: Urban Aldenklint och Lars-Göran Andersson.

Aikido Photography & Videos

I also have video and photography as a hobby and have filmed, edited and produced several aikido videos.

- Swedish National Exhibition team 2014 in Gothenburg
https://www.youtube.com/watch?v=JG5X_IVFrwk