



ABIDING SPIRIT AIKIKAI

Aikido Friendship Seminar

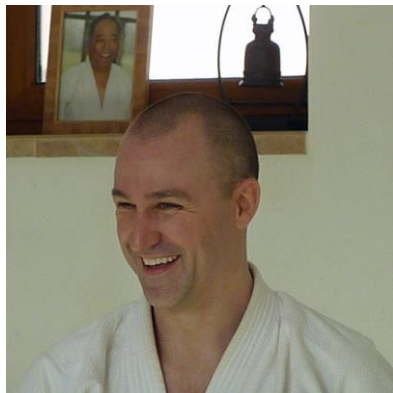
November 7-8



Greg Angus, 6 Dan



Frank Apodaca, 6 Dan



Meido Moore, 6 Dan



Lisa Tomoleoni, 6 Dan

All practitioners of Aikido are welcome at this seminar featuring instructors from a variety of backgrounds.

Angus Sensei- USAF
Apodaca Sensei- Birankai
Moore Sensei- Shimbokukai
Tomoleoni Sensei- Shimbokukai

Join us for two days of training and friendship! (*Please bring weapons if you have them.*)

Schedule for Saturday & Sunday:

10:00 am -12:00 pm

Lunch Break

2:00 pm -4:00 pm

Seminar Cost:

Both days \$80

One day \$60

*There will be a dinner Saturday evening, place and cost TBD.

1540 Carlemont Drive, Crystal Lake, IL 60014

www.abidingspiritcenter.org (815) 444-6019

(*Abiding Spirit Aikikai is a member of the Aikido Shimbokukai*)