

合氣道



*Aikido of Arlington invites you to*  
**Patricia Hendricks Sensei**

***2008 Virginia  
Tai Sai Seminar  
April 26-27, 2008***

We are proud, once again, to host Patricia Hendricks Sensei and welcome you to come to train with us for her annual Virginia Tai Sai Seminar. Throughout the dojo's history, Hendricks Sensei has been a close friend to and mentor of the dojo. We are honored to have her share her knowledge, energy and friendship. Hendricks Sensei is the head of Division 1 of the California Aikido Association. She has trained extensively with Saito Morihiro Shihan and holds the highest degree possible in the Iwama Ryu Weapons System.

### Training Schedule

**Saturday** 10:00 a.m. - noon / 2:00 - 4:00 p.m. Dan testing following keiko

**Sunday:** 9:30 a.m. - 1:30 p.m.

Registration will begin at 9:00 a.m. on both days ♦ Bring Weapons both days

♦ Party Saturday night - \$5 or bring a dish or beverage

### Seminar Cost

\$80 both days (\$110 after April 11)

\$50 one day (\$65 after April 11)

### Seminar Location

The Congressional Schools of Virginia  
3229 Sleepy Hollow Road  
Falls Church, VA 22042

On-line registration and seminar details available at [www.aikidoofarlington.com](http://www.aikidoofarlington.com)

Please make check payable to **Aikido of Arlington**

Mailing Address: Yvonne Thelwell  
700 7th St., SW #402  
Washington, DC 20024



Patricia Hendricks Sensei Seminar  
April 26 - 27, 2008  
Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City State & Zip : \_\_\_\_\_

Phone No: \_\_\_\_\_

E-mail: \_\_\_\_\_

Dojo: \_\_\_\_\_ Rank: \_\_\_\_\_

Emergency Contact & Phone # \_\_\_\_\_

**PLEASE CHECK ONE**

SATURDAY & SUNDAY \_\_\_\_\_ SATURDAY ONLY \_\_\_\_\_ SUNDAY ONLY \_\_\_\_\_

Apr. 11, 2008 or Before

After April 11, 2008

Seminar Cost:	\$80 for Both Days \$50 for One Day	\$110 for Both Days \$65 for One Day
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Please Make Check Payable to **Aikido of Arlington**.  
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Aikido is a martial art and has certain inherent risks (bodily injury) that accompany the training in any martial arts system. It is recommended that one receive a medical examination before training in Aikido class. By signing this waiver, the participant agrees to assume full responsibility for themselves and release Aikido of Arlington, Pat Hendricks, The Congressional Schools of Virginia, employees, instructors, students, and staff from any liability for any and all injuries sustained while training in Aikido, or on the school grounds. The participant is urged not to try any technique, or exercise that they feel is too advanced for them to perform. The participant further agrees to act in a respectful and courteous manner at all times while in the school or on the premises. Aikido of Arlington reserves the right to ask any participant or guest not obeying the rules of etiquette and/or safety regulations to leave the premises.

I, \_\_\_\_\_, have read this waiver in full and understand the risks involved in training in Aikido. I agree to obey all rules and regulations of the schools and by signature below, I agree to all terms and conditions contained in this waiver.

Signature & Date: \_\_\_\_\_

*If applicant is under 18 years old, Parent or guardian must sign below*

I, \_\_\_\_\_, (Parent or guardian) have read this waiver in full and understand the risks involved with training in Aikido. By signing below I agree to all terms and conditions contained in this waiver.

Signature & Date \_\_\_\_\_