

合氣道



*Aikido of Arlington and
Northern VA Ki - Aikido invite you to*

Patricia Hendricks Sensei

***2013 Virginia Tai
Sai Seminar
April 20 - 21, 2013***

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 and mentor of the dojo. Hendricks Sensei is a 7th dan and 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. We are honored to have her share her knowledge, energy, and friendship.

Training Schedule

Saturday: 10:00 a.m. - noon / 2:00 - 4:00 p.m.

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

- ◆ Registration will begin at 8:30 am on both days ◆ Bring Weapons both days ◆
- ◆ Dan testing following Sat morning keiko ◆ Lunch on Saturday included ◆
- ◆ Party Saturday night at a local restaurant (additional cost) ◆

Seminar Cost

\$99 both days (\$130 after April 7)

\$75 one day (\$95 after April 7)

Seminar Location

Northern Virginia Ki - Aikido
2929-E Eskridge Road
Fairfax, VA 22031

For directions, lodging, etc - <http://novakiaikido.org/novakiaikido.org/>

On-line registration and seminar details available at 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 20 - 21, 2013
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. 7, 2013 or Before

After April 7, 2013

Seminar Cost: \$99 for Both Days
 \$75 for One Day

\$130 for Both Days
\$95 for One Day

Please Make Check Payable to ***Aikido of Arlington.***

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

On-line Registration is available at www.aikidoofarlington.com

Directions to dojo, lodging suggestions, transportation, etc, see <http://novakiaikido.org/>

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, Northern Virginia Ki - Aikido, Pat Hendricks, employees, instructors, students, and staff from any liability for any and all injuries sustained while training in Aikido, or on the dojo 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 and Northern Virginia Ki - Aikido 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 _____