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

**Patricia Hendricks Shihan**

***2016 Virginia  
Tai Sai Seminar  
April 23 & 24, 2016***

We are proud, once again, to host Patricia Hendricks Shihan 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 / 2:30 - 4:30 p.m. - Dan Testing @ noon

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

- ◆ Registration begins at 9 AM ◆ Bring Weapons both days ◆
- ◆ Dan testing following Sat morning keiko ◆ Saturday Lunch - On Your Own ◆
- ◆ Party Saturday night at a local restaurant (additional cost) ◆

### Seminar Cost

\$110 both days (\$140 after April 8)

\$75 one day (\$90 after April 8)

### Seminar Location

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

*For directions and other details, please see [www.novakiaikido.org](http://www.novakiaikido.org)*

**We are pleased to offer group rates at a local hotel. Details are on the following page.**

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



## Marriott Residence Inn Fairfax / Merrifield Reservations

We have reserved a block of rooms at the Marriott's **Residence Inn Fairfax / Merrifield** (8125 Gatehouse Rd, Falls Church, VA 22042), which is **two minutes by car from the dojo** and only a mile from the Dunn Loring Metro Station.

The **Studios** have 1 Queen bed plus one sofa bed.

Rate: **\$79 + taxes.**

The **2 Bedroom Suites** have one queen bed in one bedroom, and the 2nd bedroom has one queen bed plus a sofa bed. Each bedroom has its own a private bathroom; the living room is shared.

Rate: **\$109 + taxes.**



For the DC area in the springtime, this is an incredible rate, and convenient too! You may book for both Friday & Saturday nights, or Saturday night only. Do not wait, there are only a limited number of rooms available at this rate.

Price includes free breakfast, free high speed internet, and all units have a kitchenette. Parking is complimentary.

To take advantage this amazing deal, **call Marriott Reservations directly at 1 (800) 331-3131 or (703) 573-5200 on or before Friday, March 25, 2016**, to make your hotel reservation. **Please identify yourself as part of the Ki Aikido Room Block Apr2016, staying at the Residence Inn Fairfax Merrifield**, located at 8125 Gatehouse Road, Falls Church, VA 22042.

Other nearby hotels include:

- ⇒ Courtyard by Marriott Dunn Loring / Fairfax
- ⇒ Hyatt House Falls Church
- ⇒ Homewood Suites Falls Church
- ⇒ Extended Stay America DC Falls / Church / Merrifield

**Patricia Hendricks Shihan Seminar**  
**April 23 & 24, 2016**  
**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. 8, 2016 or Before

After April 8, 2016

Seminar Cost:     \$110 for Both Days  
                           \$75 for One Day

\$140 for Both Days  
\$90 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 <http://aikidoofarlington.com/event/2016seminar>

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 \_\_\_\_\_