

合氣道



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

**Patricia Hendricks Sensei**

***2012 Virginia Tai  
Sai Seminar  
April 28 - 29, 2012***

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**

**Children's Class:** Saturday, 9:00 a.m. - 10:00 a.m. (\$20 fee for this class)

**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 (\$125 after April 14)

\$75 one day (\$95 after April 14)

Children's class - \$ 20, Sat 9-10am

**Seminar Location**

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

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

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 28 - 29, 2012**  
**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. 14, 2012 or Before

After April 14, 2012

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

\$125 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](http://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 \_\_\_\_\_