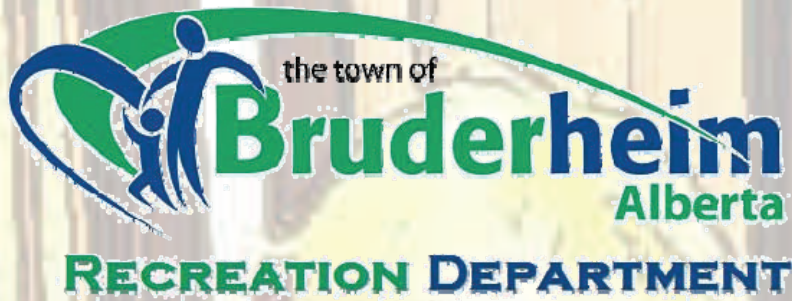


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SPRING AIKIDO SEMINAR 2011 WITH MICHAEL FRIEDL SENSEI (6TH DAN) & CYNDY HAYASHI SENSEI (6TH DAN)

Friday, April 29, 2011

5:30 - 6:15 Aikido Kids II • Friedl Sensei

6:15 - 7:15 Aikido Kids III • Hayashi Sensei

7:15 - 9:00 Adult Aikido • Friedl Sensei

Costs:

1 Aikido Kids I Class • \$20

Both Aikido Kids I Classes
• \$25

1 Aikido Kids II or III Class • \$25

All Aikido Kids II or III Classes
• \$40

1 Adult Aikido Class • \$30

All Adult Aikido Classes
• \$100

Saturday, April 30, 2011

10:00 - 11:30 Adult Aikido • Friedl Sensei

11:30 - 12:30 Aikido Kids II • Hayashi Sensei

1:30 - 2:00 Aikido Kids I • Friedl Sensei

2:00 - 3:30 Adult Aikido • Hayashi Sensei

3:30 - 4:00 Aikido Kids III • Friedl Sensei

7:00 - 10:00 **Banquet**

Aikido Kids I — Ages 4 to 6

*If possible, please pre-register
for the seminar so as to
facilitate our organization.*

*Please make all cheques
payable to the Town of
Bruderheim.*

Aikido Kids II — Ages 7 to 10

Aikido Kids III — Ages 11 to 15

Sunday, May 1, 2011

10:00 - 11:30 Adult Aikido • Hayashi Sensei

11:30 - 12:00 Aikido Kids I • Hayashi Sensei

1:00 - 1:45 Aikido Kids II • Friedl Sensei

1:45 - 2:45 Aikido Kids III • Hayashi Sensei

2:45 - 4:15 Adult Aikido • Friedl Sensei

**Location: Town of Bruderheim Community Hall
5014 Queen Street, Bruderheim, AB**

Contact: onkondojo@gmail.com 780-604-2903