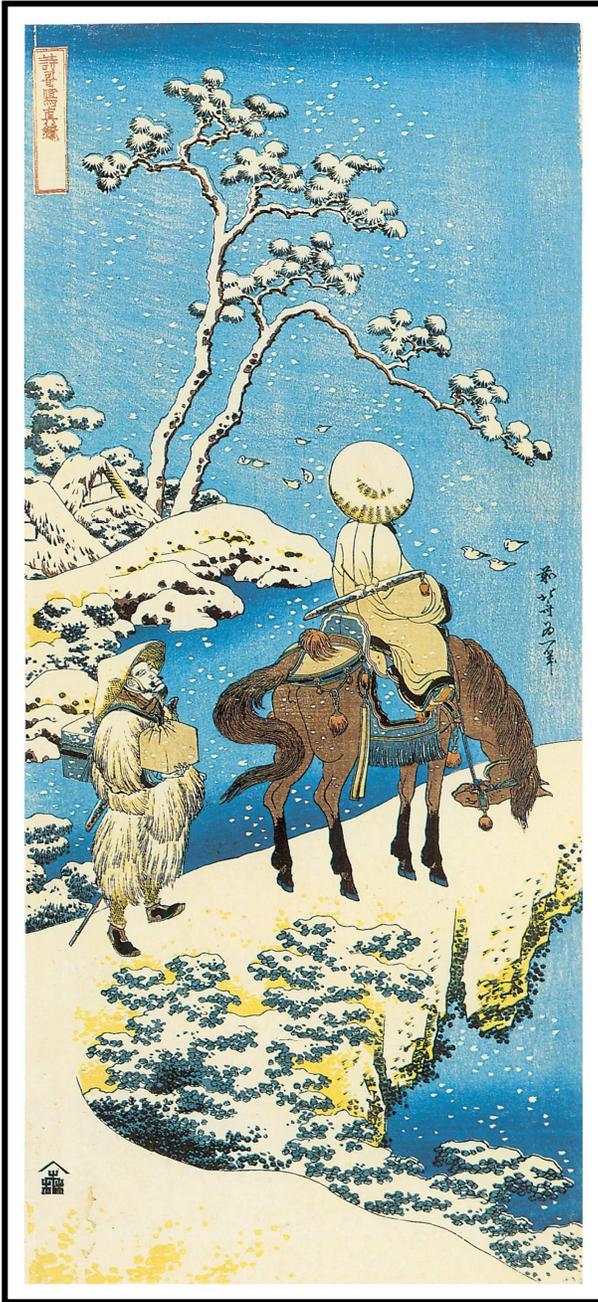


Aikido Winter Seminar 2010

Orange County Aiki Kai



JOIN US FOR A GREAT WEEKEND OF
TRAINING

Instruction by
Walter Muryasz Sensei
Kai Cho, Seishin Aikido

Taking into account the tendency of the conscious mind to interfere with our responses to uke's movements, the focus of the weekend will be on developing spontaneous and continuous responses to the ebb and flow of single and multiple attacks. Training will cover:

Endurance and Breath Control
Balance and Range of Motion
Principle and Technique
Conscious-Mind and Body-Mind

Dates:	February 19 – 21, 2010
Schedule:	Friday 7:00 - 8:30 PM Saturday 9:30 AM - 5:30 PM Sunday 9:30 AM - 12:30 PM
Location:	Orange County Aiki Kai 2525 North Grand Ave., Suite Z Santa Ana, CA 92705
Contact:	OCAK (714) 997-4861 Seishindo (858) 672-2650 seishin@etandp.org
Cost:	\$85.00 Entire Seminar \$15.00 Friday \$55.00 Saturday \$25.00 Sunday