

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

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Registration Form

I would like to register for Winter Seminar 2009 to be held at Orange County Aiki Kai. Please find my payment for Entire Seminar Friday Only Saturday Only Sunday Only. I have enclosed my payment for the amount of \$_____ (Make checks payable to Torrey Pines Aiki Kai and mail your registration form to: Torrey Pines Aiki Kai, 15614 Bernardo Center Dr. # 3006, San Diego, CA 92127) **Please Print Legibly**

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Martial Art (other than Aikido) _____ Rank _____

Signature _____ Email Address _____