

# **2009**

# **GUEST INSTRUCTOR**

# **SEMINAR**

**Nov 6-8 2009**

Instructed by  
**Elizabeth Menning Sensei**  
**4<sup>th</sup> Dan Aikikai**

And  
**Hiroshi Tajiri Sensei**  
**5<sup>th</sup> Dan Aikikai**

**Please join us for our annual Fall Seminar and enjoy the spirit of Aikido and friendship. Elizabeth Menning Sensei is the head instructor of Onshinkan Dojo in Indiana. She has spend years as a *Uchideshi* and trained Aikido,Zen intensively.**

**Schedule; Fri (Nov 6) 7pm – 8:30pm Aikido**  
**Sat (Nov 7) 9:30am Registration**  
**10am – 11:30am Aikido**  
**11:30am – 1pm lunch**  
**1pm – 4pm Aikido**  
**4pm – 5:30pm Blackbelt testing**  
**Sun (Nov 8) 10am – 12pm Aikido**  
**12pm -1pm Blackbelt testing**

**Fees; \$85 for entire \$55/Sat \$30/Fri \$45/Sun**

**Location; Triangle Aikido 4603-G Hillsborough Rd Durham NC**

**[www:triangleaikido.com](http://www.triangleaikido.com)**

**call Seibukan Aikido Dojo (919) 673-3473 for more info**

