



AIKIDO HEIWA

Martial Arts for Peace

5 Year Anniversary SEMINAR

Kevin Choate Sensei - Aikido 6th Dan

Friday February 8th 6:30 – 9:00pm
Saturday February 9th 12pm - 5pm
(Potluck dinner follows)
Sunday February 10th 12pm - 4pm
(Q&A Follows until 5 pm)



Open Aikido seminar. Any skill level welcome. Any affiliation welcome.

We are also hosting a THURSDAY EVENING training session for SYSTEMA students. It will be open to all Systema students or those interested.

Thursday, FEB 7th from 6:30 until 9:30pm Class cost will be \$15

WHOLE WEEKEND only \$100

\$90.00 if registered and paid in advance!

Friday only \$30, Sat or Sun \$50

Send check for registration to:

AIKIDO HEIWA

6812-196th ST SW. Lynnwood, WA 98036

www.AikidoHeiwa.com 425-774-0915

Accommodations for available at Heiwa dojo's Uchi Deshi house or with Heiwa students. Please contact in advance!