



FELIXSTOWE AIKI JUTSU CLUB



Annual Seminar
10th September 2011

Deben High School (Gym)

Garrison Lane, Felixstowe, IP11 7RF

Felixstowe Aiki Jutsu are to host a fourth seminar. The event will introduce three of their recently qualified Instructors: **Aimee Fairburn; Matt Scott & Julian Davies.**
(as part of Dentokan UK we practice the art of Aiki Jutsu as a style of Aikido)

Timetable and programme as follows:

- 10:00 Registration (please bring proof of membership/insurance)
- 10:30 Movement & Projection - instructors Angelo & Scott introduce..... **Aimee Fairburn**
- 12:00 rest period (light refreshments)
- 12:30 Aiki Harmonious Spirit Throw - instructors Angelo & Paul introduce..... **Julian Davies (Assistant Head Coach)**
- 14:00 rest period (light refreshments)
- 14:30 Principle of Technique & Application - instructors Angelo & Ian introduce... **Matt Scott**
- 16:30 finish

Felixstowe Aiki Jutsu would like to invite all Aikido/Aiki Jutsu practitioners (BAB members) to the event. The fee is £15pp and no charge to spectators.

If you are interested in participating on the day please fill in the slip below and return to Angelo or a Felixstowe club member.

Let's look forward to a **GREAT DAY.**

NB. To ensure safe numbers for practice **No one** will be allowed access to the mat without pre-booking a place.

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I would like to attend the seminar on 10th September 2011, find enclosed £10 deposit (please make cheques payable to 'For Nakama')

Name.....Club/Association.....

Licence no.....

