

# AIKIDO WEEKEND SEMINAR



At the  
ROSSMORE LEISURE CENTRE, Poole, Dorset  
5th and 6th November 2011

**INSTRUCTORS:** Tony Sargeant Sensei, 6th Dan  
Paul McGlone Sensei, 6th Dan

**COSTS:**

ONE DAY: £27 if paid in full by 21st October  
£30 on the day  
BOTH DAYS: £50 if paid in full by 21st October  
£58 on the day

**TIMES:**

Registration (both days): 9:30am  
Classes begin (both days): 10:00am  
Classes end Saturday: 5:00pm  
Sunday: 4:30pm

**Please note that hakama may be worn only by Dan Grades, or by 1st kyu with special permission.**

You can bring your own lunch or there is a Tesco Express about 500 metres from the centre, and a larger Sainsbury store within a mile and a half.

Should you wish to stay overnight before or after the Seminar, lists of overnight accommodation can be provided, or you can find further information on the area and available accommodation online at [www.pooletourism.com](http://www.pooletourism.com)

**Please bring Bokken and Jo.**

**All students must produce proof of current insurance before they will be allowed to train.**

**Remember - NO INSURANCE, NO TRAINING !!**