

90 Degrees to Save Time Workshop for Charity

March 9 2008

In celebration of Daylight Saving Time and right angles, the Aikido International Foundation is proud to announce its first workshop of 2008!

This workshop will focus on the aikido techniques of Shihonage, Iriminage, and Tenchinage and their relationship to each other, as well as the role of yoko ukemi (side fall) in these techniques. It is open to students of all martial arts, no matter your rank.

Leslie Parks-Casey Sensei began studying aikido in 1994 and holds the rank of yondan (4th degree black belt) in the Aikido Association of America. She was a direct student of Fumio Toyoda Shihan and served as his Kenshusei for four-and-a-half years from 1997 until 2001. She has instructed at Tenshinkan Dojo in Chicago, IL since 1998 and taught the youth program at Ryoshinkan Dojo in Palatine, IL from 2001 to 2004.

The Aikido International Foundation is a 501 (c)(3) not-for-profit educational organization, founded by Fumio Toyoda Shihan in 1995. Toyoda Shihan's vision for the AIF was for it to be the premier coordinating body for the development and practice of Aikido worldwide. The purpose of the AIF is:

- To strengthen and preserve the successful transmission of Aikido to future generations
- To become the premier coordinating body for the development and practice of Aikido worldwide
- To promote Aikido to Aikido related and non-related individuals, groups and organizations in a non-discriminatory manner
- To promote the principles of Aikido to local, national, and international communities

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合気道



Workshop Schedule

- 11:00 am - 3:00 pm
- Focusing on the techniques of Shihonage, Iriminage, and Tenchinage
- Don't forget Daylight Saving Time!
Clocks move *ahead* an hour on Sunday morning!

Cost

\$30 Suggested Minimum Donation
(tax deductible)

All Aikido students are welcome,
no matter your rank!



**Registration Form
90 Degrees to Save Time Workshop
March | 9 | 2008**

I would like to register for the seminar. Please find enclosed my tax-deductible donation (made payable to "Aikido International Foundation") in the amount of:

\$30 Suggested Minimum Donation Other Amount: _____

NAME: _____ TODAY'S DATE: _____

MAILING ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ E-MAIL: _____

MARTIAL ART (circle one): AIKIDO OTHER: _____

NAME OF DOJO: _____ RANK: _____

PAYMENT METHOD:

Check enclosed _____ (Please make payable to "Aikido International Foundation")

Cash (accepted at-the-door only): _____

Please mail registration to: Aikido International Foundation 1016 West Belmont Ave. Chicago, IL 60657

Please fax registration to: 773.525.5916

**Release of Liability
[Please read before you sign]**

For and in consideration of the permission of the Aikido International Foundation, hereinafter called the AIF, to use its facilities and of the execution by others of agreements similar hereto, the undersigned hereby agrees that while upon the premises of the AIF or while using its facilities or equipment, whether at the AIF or at any other location for the purpose of practice or of demonstration, said premises, facilities, and equipment shall be occupied and used at the sole risk and responsibility of the undersigned, and the undersigned hereby releases the AIF from any and all claims of personal injury, damage, or loss of any kind or description resulting from being thereon or from such use or from the acts any persons thereon. The undersigned further agrees to indemnify and hold harmless the AIF and each of its instructors, teachers, officers, directors and members from or against any and all claims made or instituted against it or them arising out of the acts of the undersigned while upon the premises of the AIF or while using any of its facilities or equipment, whether at the dojo or at any other location for the purpose of practice or demonstration, including injury or loss to the undersigned however caused and injury or loss caused by the undersigned to any other person. I certify by my signature that I have read and understand this agreement in its entirety and all my questions regarding it have been fully answered. I understand that the AIF documents activities and events involving classes and instruction. I give the AIF permission to use any documentation, such as video taping, photography, or film, in which my image is taken in whatever way the AIF wishes. I understand that the AIF is the sole owner of this documentation.

Signed: _____

Signed: _____
(parent or guardian if participant is under 18)