

Aikido Seminar

Jan. 10 & 11, 2009

Cary, NC



The Aikido Association of America presents a Southeastern Region
seminar instructed by:

Bill Bunn, godan, shidoi

***Member of the Aikido Association of America National Teaching Committee**

***Chief Instructor of The Aikido Academy of North Carolina, Joshinkan Dojo**

Bill Bunn Sensei began training exclusively in Aikido in September of 1975 in Raleigh, N.C. He began his relationship with Fumio Toyoda Shihan and the Aikido Association of America in 1977, and received the rank of godan (fifth degree black belt) in 1998. He became part of the A.A.A. Teaching Committee at its beginning in 1994, and conducts workshops and seminars both regionally and nationally.

Join us for fellowship and training in the dynamic martial art of Aikido.

This seminar will focus on body motion (*taisabaki*) and its role in the proper execution of technique. Static and dynamic versions, and variations of standard techniques will be explored. Weapons training may also be incorporated into the schedule. *Bokken*, *jo*, and *tanto* (wooden sword, short staff, and knife) are available for use, but bring your own if possible.

This seminar is open to martial artists of any art or rank.

**Location: White Tiger Martial Arts
1605 N.W. Maynard Rd., Cary, N.C. (919) 469-3553**

**Schedule: Saturday, Jan, 10.....12:30 pm -- Registration
1:00 - 5:30 pm -- Aikido Classes
7:00 pm -- Dinner / Party (TBA)**

**Sunday, Jan. 11.....9:00 am -- Registration
9:30 am - 1:00 pm -- Aikido Classes**

Fee: \$40 - Entire seminar (no preregistration); Sat. only - \$30; Sun. only - \$20

For more information, contact: Bill Bunn at (919) 469-9501 or joshinkan@aol.com