



**Women Only Self-Defense Seminar
and Aikido Seminar (Open to All)
November 13 - 14, 2009**

**CYNTHIA HAYASHI SENSEI
6TH DEGREE AIKIDO BLACK BELT**



Aikido'Ka is extremely pleased to announce 2 very special seminars, taught by Cynthia Hayashi Sensei. Hayashi Sensei teaches aikido and self-defense around the world. This is your chance to learn from one of the great female martial artists!

Women's Self-Defense: Ages 15 and up

Be sure to pre-register early: This women-only seminar is limited to 30 participants.

Friday, 6:30 - 9:30 pm: \$60

Aikido: Open to All

**Saturday: 10:00 am to 11:30 am
12:30 pm to 2:00 pm \$40**

Potluck: 11:30 am - 12:30 pm

**142 E. McKnight Way, Grass Valley (530) 273-2727
JoinAikido.com**