

2009 Portland Area Aikido

FRIENDSHIP



SEMINAR

Sunday March 22, 2009

Training Schedule:

11:00 – 11:15 am: Warming up

11:15 am – 12:45 pm:

Penrod Sensei

Koyanis Sensei

Beebe Sensei

12:45 – 1:00 pm: Break

1:00 – 2:00 pm:

Selin Sensei

Barker Sensei

2:00 – 2:15 pm: Break

2:15 – 3:15 pm:

Fleshler Sensei

Fife Sensei

3:30 – 5:00 pm: Time to relax and share
food, drink, and friendship!

Participating Dojos:

Budo Dojo

Two Rivers Aikikai

Kodokan

Ecole de Budo

Portland Aikikai

Multnomah Aikikai

Aikido Northwest

This seminar hosted by:



16217 SE McLoughlin Blvd., Bldg. B

P.O. Box 67170

Milwaukie, OR 97268

503-786-3046

www.aikidonw.com

Directions:

From I-205, take Oregon City - Gladstone Exit #9.

Go three miles north on McLoughlin Blvd. (Hwy 99) to the Panda Buffet Restaurant on the left.

Turn into their parking lot. We are in building B, behind the library, on your right.

There will be no fee for attending the seminar. **Instead, please bring a donation of canned food, check, or cash for the Oregon Food Bank.** For every dollar you donate, Oregon Food Bank can collect and distribute about five pounds of food through its food distribution program.