



722 Market Street
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合氣道

SEMINAR

06.15.19 - 06.16.19

Old City Aikido Presents

Joel Posluns

7th Dan Shihan

North Vancouver Aikikai

Joel Posluns, 7th Dan started Aikido in 1973 in Toronto. He founded San Francisco Aikikai in 1992 under the technical direction of both Yoshimitsu Yamada and Mitsunari Kanai Shihan (both were from the last group of uchideshi to O-Sensei, the founder of Aikido) and has practiced for more than 45 years. He opened the North Vancouver Aikikai in 2006.



SCHEDULE

SATURDAY - 06.15.19

- 9 - 10:15a.m. - Joel Posluns, Taijutsu
- 10:30a.m. - 12p.m. - Joel Posluns Shihan, Taijutsu
- 12 - 2p.m. - Lunch and rest break
- 2 - 3:15p.m. - Joel Posluns Shihan, Tai-Jutsu
- 3:30 - 5p.m. - Joel Posluns Shihan, Buki-waza
- 6-8p.m. - Potluck at OCA Dojo, all invited

SUNDAY - 06.16.19

- 9-10:15a.m. - Instructor T.B.D., Taijutsu
- 10:30-11:45a.m. - Joel Posluns Shihan, Taijutsu

FEES

ENTIRE SEMINAR (2 days)
\$110 - Advance payment
\$120 - Paid at the door

SATURDAY ONLY

\$80 - Advance payment
\$90 - Paid at the door

SUNDAY ONLY

\$35 - Advance payment
\$45 - Paid at the door

Questions: Please contact OCA via our web page, www.oldcityaikido.com. Click on the CONTACT US button on the top right.

Payment: Please send a check to the dojo made payable to Old City Aikido or use our BOOK ONLINE tab on the website at www.oldcityaikido.com.