

2013 KANGEIKO

-winter training-
Feb 9(Sat) 2013

Join us for our annual winter training and enjoy the spirit of harmony and well-being.

You will be taught very basic of *Aiki Kihon* and it's applications for next level. Because *Kihon* is the core of all Japanese *Budo* you have to have clear understanding of movements regardless of ranks.

Also we will have a basic Japanese *Shodo* calligraphy training during this event. All calligraphy materials will be provided by *Dojo*

Class: 1:30pm – 4pm

Place: Seibukan Dojo @ Healthtrax
8300 Health Park Raleigh NC

Fee: \$30 \$45/family

More info: Seibukan Aikido Dojo 919 673 3473

