**Menai Ki Society Ki and Aikido Seminar with Calvin Tabata Sensei 8th Dan**

**Gym 2, Normal Site, Bangor University, Holyhead Road, Bangor.**

**\*\* Open to all Ki Society members\*\***

**\*\* Please return booking forms as soon as possible \*\***

**Option 1 (Page 2)**

Email booking info and pay fees direct into to the Menai Ki Society account.

**Option 2 (Page 3)**

Print and send this booking form by post and pay fee due by cheque or pay fees direct into to the Menai Ki Society bank account.

**Schedule**

Menai Ki Society:

Gym 2, Normal Site, Bangor University, Holyhead Road, Bangor.   
[bangor@kisociety.org.uk](mailto:bangor@kisociety.org.uk)

All members to be changed and ready on the tatami 15 minutes before start time.  
  
**Friday 13th of September**

15.00 to 17.00 Instructors Class £12

17.00 to 19.00 General Class Ki Aikido £12

**Saturday 14th of September**  
10.00 to 11.00 Children’s class (normal class fees, students who help are free)

11.00 to 13.00 Ki Aikido all levels £12

13.00 to 14.00 Lunch (Bring/get your own)

14.00 to 16.00 Ki Aikido all levels £12

16.00 to 18.30 2nd Kyu above/Test Prep/Testing £12

**Sunday 15th of September**

10.00 to 12.00 Ki Aikido all levels £12

12.00 to 13.00 Lunch (Bring/get your own)

13.00 to 16.00 Kiatsu open to all members £15

Combined cost for all three days: Instructors and 2nd Kyu above £80, all other students £60.

**Option 1 - Email Booking Form**

Please amend the BOOKING FORM text below, add your name, Dojo and delete the classes you are **NOT** taking and include the total amount you have paid into the Menai Ki Society Bank Account. Cut & paste your amended text into an email and send to:

bangor@kisociety.org.uk with the subject: **Seminar Booking (YOUR NAME)**

Pay the total amount due into the **Menai Ki Society Account**:

Sort Code: 30-90-43

Account Number: 45587160

Use **Your Name** as the **Reference**.

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**BOOKING FORM - Tabata Sensei**

**Friday 13th - Sunday 15th September 2019**

NAME:

DOJO:

**Please delete days you are not attending.**

Friday 13th – 15.00 to 17.00 Instructors Class £12

Friday 13th – 17.00 to 19.00 General Class Ki Aikido £12

Saturday 14th - 10.00 to 11.00 Children’s class

Saturday 14th - 11.00 to 13.00 Ki Aikido all levels £12

Saturday 14th - 14.00 to 16.00 Ki Aikido all levels £12

Saturday 14th - 16.00 to 18.30 2nd Kyu above £12

Sunday 15th - 10.00 to 12.00 Ki Aikido all levels £12

Sunday 15th - 13.00 to 16.00 Kiatsu all members £15  
  
Combined cost for all three days: Instructors and 2nd Kyu above £80, all other students £60.

**TOTAL PAID £**

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**Option 2 - Print and Post Booking Form**

**Ki and Aikido Seminar with Tabata Sensei,**

**Friday 13th - Sunday 15th September 2019**

**Contact information**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dojo (if applicable): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Tel or Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ☒ Friday 13th –15.00 to 17.00 Instructors Class £12  ☒ Friday 13th – 17.00 to 19.00 General Class Ki Aikido £12  ☒ Saturday 14th - 10.00 to 11.00 Children’s class  ☒ Saturday 14th - 11.00 to 13.00 Ki Aikido all levels £12  ☒ Saturday 14th - 14.00 to 16.00 Ki Aikido all levels £12  ☒ Saturday 14th - 16.00 to 18.30 2nd Kyu above/Test Prep/Testing £12  ☒ Sunday 15th - 10.00 to 12.00 Ki Aikido all levels £12  ☒ Sunday 15th - 13.00 to 16.00 Kiatsu open to all members £15  Combined cost for all three days: Instructors and 2nd Kyu above £80, all other students £60. |

**Total Due £**

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| --- |
| Post booking slip to:  Menai Ki Society c/o, 1 Cae Cerrig, Deiniolen, Caernarfon, Gwynedd. LL55 3NF.  ☒ Include cheque made payable to: **Menai Ki Society**    **--- OR ---**  ☒ Pay direct to **Menai Ki Society Account** (Use your name as **Reference**)    Sort Code: 30-90-43  Account Number: 45587160 |