

# UK Ki Federation Ki and Aikido Seminar with Calvin Tabata Sensei

Arfon Leisure Centre 19th – 21st Sept 2014  
Bethel Road, Caernarfon, Gwynedd. LL55 1DU

## KI and Aikido

### FRIDAY 19th September - (Instructors and advanced students)

10.00 – 12.30 Chief Instructors  
13.30 – 17.00 Advanced students

### SATURDAY 20th September - (General class for all members)

09:00 - 12:30 - Ki Aikido  
13.30 – 17.30 Ki class  
18.30 – 20.30 – Test prep

### SUNDAY 21st September - (General class for all members)

09.00 - 10:00 - Ki Aikido.  
10.00 – 12.30 / 13.30 – 14.30 Ki class  
14.30 – 17.00 – Test prep and Testing

## KI Class only

### SATURDAY 20th September

13.30 – 17.30

### SUNDAY 21st September

10.00 – 12.30 / 13.30 – 14.30

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**Packed lunch options available. Reserve in the morning. Drinks provided.**

**No payment in advance, please pay for lunches at the workshop.**

**LUNCHBOX 1 - £2.25** One round of sandwich

**LUNCHBOX 2 - £3.25** One round of sandwich + Small packet of crisps + Fruit/Yogurt

**LUNCHBOX 3 - £3.75** One round of sandwich + large packet of crisps + Fruit/Yogurt + chocolate bar

MEAT SANDWICH FILLINGS – Ham or Tuna Mayo

VEGETARIAN SANDWICH FILLINGS – Cheddar Cheese or Egg mayo

VEGAN SANDWICH FILLINGS – Hummus salad or Peanut Butter with grated carrot.

\*-Note: Vegetable margarine used on sandwiches.

For further information about the seminar please contact Rhys Edwards, Mobile: 07900 500 205

## **BOOKING INSTRUCTIONS - Print booking form and post cheque**

**Please fill in the form below and print and post with cheque by August 10<sup>th</sup> to:**

Rhys Edwards:  
1, Cae Cerrig,  
Deiniolen,  
Caernarfon,  
Gwynedd.  
LL55 3NF

Please make cheques payable to **MENAI KI SOCIETY**

## **BOOKING FORM**

<b>NAME:</b>	<b>DOJO:</b>
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TRAINING FEES:		
<input checked="" type="checkbox"/>	Friday Instructors and Advanced students	£25.00
<input checked="" type="checkbox"/>	Saturday (9am - 8:30pm) All Ki, Aikido and test prep classes	£50.00
<input checked="" type="checkbox"/>	Sunday (9am - 5pm) All Ki, Aikido and test prep classes	£50.00
<input checked="" type="checkbox"/>	Saturday (1:30pm - 5:30pm) Ki class only	£25.00
<input checked="" type="checkbox"/>	Sunday (10am - 2:30pm) Ki class only	£25.00
TOTAL		£