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

**Menai Bridge War Memorial Community Centre**

**\*\* 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:

Menai Bridge War Memorial Community Centre, Water Street, Menai Bridge, Anglesey. LL59 5DD.   
[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 21st of September**

18.30 to 21.00 Ki and Aikido all levels and new members £15

**Saturday 22nd of September**  
09.30 to 10.30 Children’s class £6

10.45 to 13.00 Ki Aikido all levels £12

13.00 to 14.00 Lunch (Bring/get your own)

14.00 to 17.30 Ki Aikido all levels £18

**Sunday 23rd of September**

9.30 to 11.30 Advanced Brown belt 2nd Kyu above £12

11.30 to 13.00 Ki Class £10

13.00 to 14.00 Lunch (Bring/get your own)

14.00 to 16.30 Kiatsu open to all members £15

**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 21st - Sunday 23rd September 2018**

NAME:

DOJO:

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

Friday 21st – 18.30 to 21.00 £15

Saturday 22nd - 09.30 to 10.30 Children’s class £6

Saturday 22nd - 10.45 to 13.00 Ki Aikido all levels £12

Saturday 22nd - 14.00 to 17.30 Ki Aikido all levels £18

Sunday 23rd - 9.30 to 11.30 Brown belt 2nd Kyu above £12

Sunday 23rd - 11.30 to 13.00 Ki Class £10

Sunday 23rd - 4.00 to 16.30 Kiatsu open to all members £15

**TOTAL PAID £**

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

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

**Friday 21st - Sunday 23rd September 2018**

**Contact information**

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

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

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

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| ☒ Friday 21st –18.30 to 21.00 £15  ☒ Saturday 22nd - 09.30 to 10.30 Children’s class £6  ☒ Saturday 22nd - 10.45 to 13.00 Ki Aikido all levels £12  ☒ Saturday 22nd - 14.00 to 17.30 Ki Aikido all levels £18  ☒ Sunday 23rd - 9.30 to 11.30 Brown belt 2nd Kyu above £12  ☒ Sunday 23rd - 11.30 to 13.00 Ki Class £10  ☒ Sunday 23rd - 4.00 to 16.30 Kiatsu open to all members £15 |

**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 |