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

**Menai Ki Society**

**Bangor University**

**\*\* 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 MKS bank 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 MKS bank account.

**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**.

**£50 – 3 days for Instructors and 2nd Kyu and above**

**£40 – 2 days Saturday and Sunday**

**£25 – Individual days**

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**BOOKING FORM - Tabata Sensei**

**Friday 15th - Sunday 17th September 2017**

NAME:

DOJO:

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

Friday 15th

10.30 – 13.00 Instructors class

14.00 – 17.00 Ki Aikido – 2nd Kyu and above

18.00 – 20.00 Aikido test prep/testing

Saturday 16th

09.30 – 10.45 Children’s class

11.00 – 13.00 Ki and Aikido

14.00 – 16.00 Ki class

16.00 – 18.00 Ki Aikido

Sunday 17th

09.00 – 12.00 Ki and Aikido

13.00 – 16.00 Kiatsu

**TOTAL PAID £**

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

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

**Friday 15th - Sunday 17th September 2017**

**Contact information**

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

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

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

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| **Friday 15th**  ☒10.30 – 13.00 Instructors class ☒14.00 – 17.00 Ki Aikido – 2nd Kyu and above  ☒18.00 – 20.00 Aikido test prep/testing  **Saturday 16th**  ☒09.30 – 10.45 Children’s class  ☒11.00 – 13.00 Ki and Aikido  ☒14.00 – 16.00 Ki class  ☒16.00 – 18.00 Ki Aikido  **Sunday 17th**  ☒09.00 – 12.00 Ki and Aikido  ☒13.00 – 16.00 Kiatsu |

**£50 – 3 days for Instructors and 2nd Kyu and above**

**£40 – 2 days Saturday and Sunday**

**£25 – Individual days**

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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 |