**UK Ki Federation Seminar with Calvin Tabata Sensei 8th Dan. September 2023**

**Gym 2, Normal Site, Bangor University, Holyhead Road, Bangor. LL57 2PZ**

**\*\* 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**

UK Ki Federation Seminar with Tabata Sensei :

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 15th of September**

13.00 to 15.00 Dan Grade and Brown Belts

15.00 to 16.30 Dan Grade and Brown Belts Jo/Bokken

17.00 to 19.00 Ki Aikido all levels

**Saturday 16th of September**  
10.00 to 13.00 Ki Aikido all levels

13.00 to 14.00 Lunch (Bring your own)

14.00 to 16.00 Ki Aikido all levels

16.00 to 17.00 Ki Class/ Testing/ all levels

**Sunday 17th of September**

10.00 to 13.00 Kiatsu/Ki Breathing/Meditation

13.00 to 14.00 Lunch (Bring your own)

14.00 to 16.30 Kiatsu/Ki Breathing/Meditation

**Option 1 - Email Booking Form**

Please amend the BOOKING FORM text below, add your name, category and Dojo. If you are not attending the whole Seminar delete the days you are **NOT** attending 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: UK Ki Federation Seminar with Tabata Sensei**

**Friday 15th - Sunday 17th September 2023**

NAME:

Adult/Junior:

DOJO:

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

Friday 15th – 13.00 to 16.30 Dan Grade and Brown Belts

Friday 15th – 17.00 to 19.00 Ki Aikido All levels

Saturday 16th - 10.00 to 17.00 Ki Aikido all levels

Sunday 17th - 10.00 to 16.30 Kiatsu/Ki Breathing/Meditation

**Cost for all three days**: Dan Grade and Brown Belts £95, Adult students £75. Teenagers £40

**Friday** Dan Grade and Brown Belts £30(13.00 to 19.00)

**Friday** Adults Grades £10 (17.00 to 19.00)

**Friday** Junior £5 (17.00 to 19.00)

**Saturday** All Adult Grades £35

**Saturday** Junior £20

**Sunday** All Adult Grades £30

**Sunday** Junior £15

**TOTAL PAID £**

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

**UKKF Seminar with Tabata Sensei.**

**Friday 15th - Sunday 17th September 2023**

**Contact information**

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

Dojo: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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| ☒ Friday 15th –13.00 to 16.30 Dan Grade and Brown Belts  ☒ Friday 15th 17.00 to 19.00 Ki Aikido all levels  ☒ Saturday 16th - 10.00 to 17.00 Ki Aikido all levels  ☒ Sunday 17th - 10.00 to 16.30 Kiatsu/ Ki Breathing/Meditation |

**Cost for all three days**: Instructors and Brown Belts £95, All other students £75. Junior £40

**Friday** : Dan Grade and Brown Belts £30 (13.00 to 19.00)

**Friday** : Adult Grades £10 (17.00 to 19.00)

**Friday** : Junior £5 (17.00 to 19.00)

**Saturday** : All Adult Grades £35

**Saturday** Junior £20

**Sunday** : All Adult Grades £30

**Sunday** : Junior £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 |