**UK Ki Federation Seminar with Calvin Tabata Sensei 8th Dan. 15th – 18th August 2024**

**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.

**All members to be changed and ready on the tatami 15 minutes before start time.**  
  
**Thursday 15th of August**

12.00 to 12.45 Registration

13.00 to 17.00 test prep, Dan Grades and Brown belts

**Friday 16th of August**

9.00 to 9.45 Registration

10.00 to 12.00 Dan Grade and Brown Belts

12.00 to 13.00 Lunch (Bring your own)

13.00 to 17.00 Ki Aikido all levels

**Saturday 17th of August**

9.00 to 9.45 Registration  
10.00 to 13.00 Ki breathing, meditation, Kiatsu

13.00 to 14.00 Lunch (Bring your own)

14.00 to 16.00 Ki Aikido all levels

16.00 to 17.00 Testing

**Sunday 18th of August**

10.00 to 13.00 Kiatsu

13.00 to 14.00 Lunch (Bring your own)

14.00 to 16.30 Kiatsu

**Option 1 – (Preferred) - 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:

tmunozb@me.com 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**.

*- - - - - - - - - - - - - - - - - - - CUT & PASTE TEXT - - - - - - - - - - - - - - - - - -*

**BOOKING FORM: UK Ki Federation Seminar with Tabata Sensei**

**Thursday 15th - Sunday 18th August 2024**

**NAME:**

**Adult/Junior:**

**DOJO:**

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

Thurs 15th - 13.00 to 17.00 Test prep/Dan Grade & Brown belts

Friday 16th – 10.00 to 12.00 Dan Grade and Brown Belts

Friday 16th – 14.00 to 17.00 Ki Aikido All levels/ Testing

Sat 17th - 10.00 to 17.00 Ki Breathing/Ki Aikido all levels

Sunday 18th - 10.00 to 16.00 Kiatsu

**Cost for 4 days**:

Dan Grade and Brown Belts **£110**

Adult students **£80**

Junior **£45**

**Thursday** Dan Grades and Brown Belts (13.00 to 17.00) £20

**Friday** Dan Grade and Brown Belts (10.00 to 17.00) £30

**Friday** Adults Grades (13.00 to 17.00) £20

**Friday** Junior (13.00 to 17.00) £10

**Saturday** All Adult Grades £30

**Saturday** Junior £20

**Sunday** All Adult Grades £30

**Sunday** Junior £15

**TOTAL PAID £­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**UKKF Seminar with Tabata Sensei.**

**Thursday 15th - Sunday 18th August 2024**

**Contact information**

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

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

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

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| --- |
| ☒ Thursday 15th –13.00 to 17.00 Dan Grade and Brown Belts  ☒ Friday 16th –10.00 to 12.00 Dan Grade and Brown Belts  ☒ Friday 16th -13.00 to 17.00 Ki Aikido all levels  ☒ Saturday 17th - 10.00 to 17.00 Ki Breathing / Ki Aikido all levels  ☒ Sunday 18th - 10.00 to 16.00 Kiatsu |

**Cost for all four days**:

Dan Grades and Brown Belts **£110**

All other students **£80**

Junior **£45**

**Thurs** : Dan Grade and Brown Belts £20

**Friday** : Dan Grade and Brown Belts (10.00 to 17.00) £30

**Friday** : Adult Grades (13.00 to 17.00) £20

**Friday** : Junior (13.00 to 17.00) £10

**Saturday** : All Adult Grades £30

**Saturday** : Junior £20

**Sunday** : All Adult Grades £30

**Sunday** : Junior £15

**Total Due for Seminar £**

|  |
| --- |
| Post booking slip to:  **Menai Ki Society c/o, 82-84 High Street, Rhosllanerchurgog, Wrexham LL14 1AW**.  ☒ 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** |

**International Payment details**

**If you are paying from overseas the following information may be useful :**

The IBAN number **GB33 LOYD 3090 4345 5871 60**

Swift/BIC number **LOYDGB21339**

Address : **LLoyds Bank, 268 High Street, Bangor, Gwynedd LL57 1RT**

Account number: **45587160**

Sort Code : **30-90-43**

**Thank you**

**Booking Form - Accommodation.**

**We have the option this year to stay at Bangor University Campus. Tabata Sensei has suggested that staying together is the best way to get the most from the seminar, so we have arranged the opportunity to support this way of training. This will enable us to network and maintain a positive training experience.**

**Accommodation will be available in Room Only (RO), Bed and Breakfast(B&B) options, however, B&B option will only be available if a minimum of 20 rooms are booked for these options.**

**A link to the accommodation can be found here :** <https://www.bangor.ac.uk/accommodation/ffriddoedd>

**If you would like to stay on University Campus you will need to complete the following booking form as soon as possible and at least by April 5th 2024.**

**A non- refundable deposit of £20 per person, is required per booking to secure rooms. If you are travelling as a group, please complete a single accommodation booking form so we can ensure that we can accommodate groups together, where possible.**

**Name of Booking (Group / Dojo or individual) : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- |
| **Accommodation Type** | **Rate pppn**  **(inc vat)** | **No of rooms** | **Number Nights**  Thurs / Fri / Sat | **Total** | **Deposit £20 per person / room**  **Total** |
| **Bed & Breakfast** | **£50.00** |  |  | £ | £ |
| **Room Only** | **£39.00** |  |  | £ | £ |
| **Additional Requirements**  **(e.g. Disabled access, any dietary requirements etc)** |  | | | | |

Please send this accommodation booking slip to:

**Menai Ki Society c/o, 82-84 High Street, Rhosllanerchurgog, Wrexham LL14 1AW**.

☒ Include cheque made payable to: **Menai Ki Society**

**--- OR ---**

☒ Pay direct to **Menai Ki Society Account** (Use **Accommodation** as the reference)

Sort Code: **30-90-43**

Account Number: **45587160**