

Pat Hendricks Sensei UK Seminar

At the Lilleshall National Sports Centre
17th to 19th June 2011



Pat Hendricks started studying Aikido in 1974 with Stan Pranin and Mary Heiny. In 1976 she moved to Iwama, Japan, to study with Saito Sensei Shihan. For the next 30 years, she returned to Japan over 25 times of which 6 years were uchi-deshi. She holds a menkyo keaiden in weapons certification and was certified to test for the U.S. She served as Saito Sensei's representative for the U.S. and runs the Iwama division in the California Aikido Association. Her own dojo, Aikido of San Leandro, attracts students from all over the world, including Japan.

Location:

Ford Hall
Lilleshall National Sports Centre
Near Newport
Shropshire
TF10 9AT
UK

Website: <http://www.lilleshall.co.uk>

Cost:

All Three Days	£ 95
Saturday & Sunday	£ 85
One Day	£ 45
Special Keiko (Optional Class)	£ 10

Timetable:

<i>Friday 17th June</i>		<i>Saturday 18th June</i>		<i>Sunday 19th June</i>	
13.00 – 14.15	Registration	09.00 – 09.45	Registration	09.00 – 09.45	Registration
14.30 – 15.45	1 st Class	10.00 – 11.15	1 st Class	10.00 – 11.15	1 st Class
16.00 – 17.15	2 nd Class	11.30 – 12.45	2 nd Class	11.30 – 12.45	2 nd Class
17.30 – 18.30	3 rd Class	14.00 – 15.15	3 rd Class	14.00 – 15.15	3 rd Class
		15.30 – 16.45	4 th Class	15.30 – 16.45	4 th Class
		17.00 – 18.00	Special Keiko		

Accommodation at Lilleshall:

Three Rivers Aikido has arranged on-site accommodation but it is limited, so early booking is advisable. Accommodation can only be reserved for a minimum of two nights.

The cost of accommodation, including all meals (breakfast, lunch and dinner) is £75 per person per night. Dinner on Friday 17th June is included and is served from 18.30 to 20.00. Students do not have to train on Friday to book a room.

The rooms are either twin ensuite rooms or single with a shared bathroom. The rooms are allocated by Lilleshall National Sports Centre and Three Rivers Aikido is not responsible for the type of room allocated.

If students wish to share a room with a particular Aikidoka, they must notify us when booking. Students should also advise us of any dietary requirements.

Seminar Booking & Payment Options:

1. Book and pay online by debit or credit card at www.threeriversaikido.co.uk/seminars.html
2. Book and pay by cheque by completing and posting the booking form below.

Contact Information:

If you have any queries please contact Ray Gardiner

Telephone: +44 (0)7594 596828

Email: sensei@threeriversaikido.co.uk

Please Note:

Places on the seminar and accommodation will be allocated on a first come first served basis.

The seminar is open to everyone **18 and over** provided they are **insured** and have **registered**.

Seminar fees will only be refunded if the Seminar is cancelled by Three Rivers Aikido.

Bring **Ken & Jo** for weapons classes

No camcorders or cameras are allowed during sessions - spectators may not be present.

Booking Form
Sensei Pat Hendricks Seminar
17th to 19th June 2011

Name: _____

Address: _____

Postal Code: _____ Country: _____

Club: _____

Telephone no: _____ Date of birth: _____

Email address: _____

<u>Time booked</u>	All Three Days £95	Saturday & Sunday £85	Saturday £45	Sunday £45
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Tick <u>one</u>:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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<u>Special Keiko</u>	£10 (tick if required)	<input type="radio"/>
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<u>Accommodation</u>	£150 (tick if required)	<input type="radio"/>
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Friday & Saturday night I wish to share a room with _____

Dietary Requirements _____

<p>Statement: "At the time of the seminar, starting 17th of June 2011, I will be 18 years of age or older and hold current, valid insurance for training."</p> <p>Signature: _____</p>

I enclose a cheque for the amount of £ _____

Send a cheque, made payable to "Three Rivers Aikido", to:
Ray Gardiner, 106 Winton Drive, Croxley Green, Rickmansworth, Herts, WD3 3QT