

The Northern Virginia Ki Aikido presents a

Friendship Seminar Sat February 20, 2010

with instructors:

Yvonne Thelwell Yondan, Iwama



Sensei Thelwell has been an uchideshi in Iwama, Japan and trained under Morihiro Saito Sensei. She holds the rank of Yon Dan (4th degree black belt). She was a student of the late Don Lyon and she is a member of the California Aikido Association (CAA) Division 1 headed by Pat Hendricks 6th Dan.

Thelwell Sensei is the Chief Instructor of **Aikido of Arlington**.

Steve Wolf Sandan, Ki Society



Wolf Sensei began his martial arts studies with Judo and Jujitsu as a child while living in Brazil during the 1960's. He briefly studied judo again as an adult, but in 1981 he switched to Aikido after attending classes with George Simcox Sensei, the long-time Chief Instructor of the Virginia Ki Society. For the last 27 years Steve has continued to train in the art, and in 2005 he became Head Instructor at the **Northern Virginia Ki Aikido** dojo, which is the largest facility in the state system. He continues to give Aikido and Ki Development workshops and seminars in several states and Canada.

Asim Hanif Sandan, Aikikai



Hanif Sensei began martial arts training in 1972 and his aikido has been heavily influenced by his training in boxing, judo, tai chi, and karate.

Hanif Sensei is the Chief Instructor of **Potomac Aikikai** (Ashburn, VA) and a student of Clyde Takeguchi 7th Dan.

Location: Northern Virginia Ki Aikido (2929E Eskridge Road, Fairfax VA)

Price: \$30 (includes lunch)

10:00 - 10:50 am - Wolf Sensei

10:55 - 11:45 am - Hanif Sensei

11:50 - 12:40 pm - Thelwell Sensei

1:30 - 2:20 pm - Wolf Sensei

2:20 - 3:10 pm - Hanif Sensei

3:15 - 4:00 pm - Thelwell Sensei

12:40 - 1:30 – Lunch

For additional info:

novakiaikido.org