

# Aikido Seminar with Sensei Pat Hendricks 6<sup>th</sup> Dan

Hosted by [Iwama Ryu Wales](#) at Caerphilly Leisure Centre,  
Virginia Park, Caerphilly, South Wales  
Saturday 3<sup>rd</sup> April, Sunday 4<sup>th</sup> April and  
provisionally Monday 5<sup>th</sup> April 2010



**Open to ALL styles of Aikido**

**Participants must be 16 or over and hold valid insurance**

## **Timetable:**

### **Sat 3 April 2010**

Registration 9am

1st Keiko - Taijutsu 10:00 – 11:15  
2nd Keiko - weapons 11:30 – 12:45

Lunch (Not provided) 12:45 – 14:00

Special Keiko 14:00 – 15:00  
3rd Keiko – weapons 15:15 – 16:15  
4th Keiko – Taijutsu 16:30 – 17:30

### **Sunday 4 April 2010**

Registration 9am

1st Keiko - taijutsu 10:00 – 11:15  
2nd Keiko - weapons 11:30 – 12:45

Lunch (not provided) 12:45 – 14:00

3rd Keiko - weapons 14:00 – 15:15  
4th Keiko - taijutsu 15:30 – 16:45

By special invitation and with the approval of the course organiser juniors may join the first class on Sunday morning but will have to leave the mat straight after this session.

Photo session to follow Sunday practice.

At the time of posting, due to the Easter holiday we are unable (at present) to use the venue on Easter Monday (5 April) as it is closed to the public. We are however searching for an alternative venue in order to offer a third day of practice on the Monday. If this goes ahead it will be 3 hours weapons practice split in to either two 1 ½ hour or three 1 hour sessions.

**Cost:** Fees for Saturday and Sunday are £30 per day or £10 per Keiko. (So if you do a whole day – 4 Keiko's – you get four for the price of three) excluding the special Keiko which is an **additional** £10. Monday's practice will be £20 for the full 3 hours or part thereof if it goes ahead.

If you take part in all sessions, including the special Keiko your fees will be £90, however, as Monday's sessions are not yet confirmed only Saturday and Sunday's sessions need to be paid for in advance. Monday's fees will be taken on the door.

**All** participants will need to provide evidence of insurance when registering.

If you are taking part in the weapons Keiko's then you will need your own bokken, Jo and Tanto.

The wearing of hakama is restricted to the grade of 1<sup>st</sup> kyu and above.

**Cameras, camcorders and spectators are only allowed during sessions with prior written permission from David Gay.**

Please ensure that mobile phones are switched off or on silent during classes. The dojo will remain open between classes and you are free to train.

**Accommodation:** there are plenty of options in and around Caerphilly; however as this is Easter weekend we advise that you book early to avoid disappointment!

**Accommodation links:**

[stayinwales.co.uk](http://stayinwales.co.uk)   [tycastellguesthouse.co.uk](http://tycastellguesthouse.co.uk)   [premierinn.com](http://premierinn.com) <http://www.city-visitor.com/caerphilly/hotels.html>  
[travelodge.co.uk](http://travelodge.co.uk)   [bedandbreakfast-directory.co.uk](http://bedandbreakfast-directory.co.uk)   [information-britain.co.uk](http://information-britain.co.uk)  
[visitcaerphilly.com](http://visitcaerphilly.com)   [a1tourism.com](http://a1tourism.com)

This is just a selection from the web; please feel free to conduct your own searches for other accommodation.

**Please note: Seminar fees will only be refunded if the seminar is cancelled by the organisers. The organisers will take no responsibility for accommodation fees or inability to attend on the part of you the participant.**

***To confirm your place complete and return the registration form (page 3 below) and payment (by cheque only, payable to 'Iwama Takemusu Aiki Wales') to:  
G. de Vall, 7 Bryn Owain, Caerphilly, South Wales, CF83 2NY.***

*PLEASE NOTE: your place will be booked on a provisional basis only until we receive your completed registration form and payment. You must complete and return your registration form to guarantee your*

place. Fees can be paid at morning registration **but please note** – in the event of the course becoming overbooked only those that have returned a completed registration form with payment in advance will be guaranteed a place, all other places will be on a first come first served basis!

**Registration Form**  
**Sensei Pat Hendricks Seminar**  
**3<sup>rd</sup> and 4<sup>th</sup> April 2010**

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

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Club: \_\_\_\_\_

Telephone no: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Email address: \_\_\_\_\_

**Tick applicable boxes:**

Keiko:	1 <sup>st</sup> £10	2 <sup>nd</sup> £10	3 <sup>rd</sup> £10	4 <sup>th</sup> £10	4 for3 £30	Special £10
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**Statement:**

“At the time of the seminar, starting 3<sup>rd</sup> April 2010, I will be 18 years of age or older and hold current, valid insurance for training (Prof to be shown at registration). I understand that I am participating in a contact martial art and the seminar organizers will not be held liability for injuries received on the course or for the loss of any valuables. Seminar fees only will be refunded if the seminar is cancelled by the organizers. But the organizers will take no responsibility for accommodation fee's or inability to attend on the part of the participant ”

**Signature:** \_\_\_\_\_



I enclose a cheque made payable to 'Iwama Takemusu Aiki Wales' for the amount of £\_\_\_\_\_