

Tetsutaka Sugawara, shihan, 7th Dan

Sugawara Martial Arts Institute, Machida, Japan

October 6-8, 2006 at Capital Aikikai

CLASS SCHEDULE:

Friday October 6, 2006
7:00p - 8:30p - Katori

Saturday October 7, 2006
10:00a - 12:00p - Aikido
Lunch
1:30p - 3:30p - Aikido

Sunday October 8, 2006
10:00a - 12:00p - Aikido
2:00p - 4:00p - Katori

FEES - AIKIDO:

Saturday and Sunday: \$80
(includes Saturday lunch)

Saturday Only: \$60
(includes lunch)

Sunday Only: \$35

FEES - KATORI:

Friday and Sunday: \$80
(no lunch included)

Per Day: \$45

All Sessions:

Aikido + Katori - \$100

Registration begins 30 minutes before the first class of each day.

Various hotels and motels are available in Bethesda, all within a short taxi or bus ride to the seminar. Please see our web site for more transportation and lodging information:
www.capitalaikikai.org.

Tetsutaka Sugawara was an uchi deshi under O Sensei at the Ibaraki Dojo in the early 1960s, and has been an instructor at Hombu Dojo. In addition to teaching aikido, he holds the highest teaching certificates in Tenshin Shoden Katori Shinto Ryu (koryu) and Okinawan Goju-ryu Karatedo. Sugawara sensei is also an advanced student of T'ai Chi Ch'uan, and has made several trips to China, introducing Aikido to Chinese universities while conducting research in Chinese martial arts.

For anyone interested in the use of weapons in Aikido, this is an opportunity to see a master instructor of a classical weapons tradition.

Driving Directions from Capital Beltway

- Get on the Capital Beltway (I-495). Be sure you are heading toward Bethesda and Silver Spring, Md.
- Take the Georgia Ave. (MD 97) South exit (no. 31).
- Coming off the exit ramp, continue on Georgia Ave. through downtown Silver Spring (about 3 miles). Stay in the left lanes. The fifth light after Colesville Rd. will be Sligo Avenue; you will see a sign for MD410 (East-West Hwy. pointing left).
- Turn left onto Sligo Ave. (if you go under a railroad bridge, you've missed the turn).
- Continue on Sligo until the first light -- Fenton Ave.; you will see a Greyhound/Peter Pan bus station on your left, and a 7-Eleven across the street.
- Turn right onto Fenton and continue until it intersects with Philadelphia Ave. on the left and Burlington Ave. on the right.
- Turn right onto Burlington, going uphill, and look for Selim Road on the right (top of the hill; do not cross Georgia Ave.).
- Turn right onto Selim. Capital Aikikai is no. 945, about halfway down the street, on the right (look for the blue door).



Capital Aikikai

945 Selim Road
Silver Spring, Maryland
301-588-5179
www.capitalaikikai.org