

Kenneth Cottier, shihan, 6th dan

of the Hong Kong Aikido Association

June 28-29, 2003 at Capital Aikikai

CLASS SCHEDULE:

Saturday June 28, 2003

10:00 a.m. - 11:00 a.m.

11:15 a.m. - 12:15 p.m.

2:00 p.m. - 3:15 p.m.

3:30 p.m. - 4:30 p.m.

Sunday June 29, 2003

10:00 a.m. - 12:30 p.m.

FEES:

Saturday and Sunday: \$65

(includes Sat. box lunch)

Saturday Only: \$50

(includes Sat. box lunch)

Sunday Only: \$30

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

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

More information and a downloadable PDF version of this flyer is available at our web site: www.capitalaikikai.org

Cottier Sensei is head instructor of the Hong Kong Aikido Association, honorary president of the Aikido Federation of South Africa, and a shihan with the British Aikido Federation. After studying judo with Abe Kenshiro Sensei in England in the 1950s, Cottier Sensei traveled to Japan in 1964 to study aikido under O Sensei. After 15 years at Hombu Dojo, he returned to England and helped expand the British Aikido Federation. In 1971, Cottier Sensei established the Hong Kong Aikido Association at the request of Hombu Dojo. He has also been instrumental in the development of the Aikido Federation of South Africa and is a superior councilor for the International Aikido Federation.

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