

SEMINAR

December 5th and 6th, 2009

CAPITAL AIKIKAI SYRACUSE, NEW YORK

Featuring

CLYDE TAKEGUCHI, 7th Dan SHIHAN



Registration: Saturday 12/5/07 11 a.m.
Sunday 12/6/07 9 a.m.

Cost: \$50 Saturday only
\$40 Sunday only
\$65 Both Days

Saturday Class

12:00 p.m. – 2:00 p.m.
2:15p.m. – 4:30 p.m.

Sunday Class

10:00 a.m. – 1:00 p.m.

*Capital Aikikai, Syracuse NY
5869 Fisher Road, Building 2, Suite, B, East Syracuse, New York 13057
Chief Instructor: Bob Poresky (315) 559-5061*

Directions to Dojo

Route 90 Thruway -- coming from Buffalo/ Rochester

Exit 39 to 690 East

Exit Bridge Street / East Syracuse – left off of ramp toward East Syracuse for 1.6 miles – Turn right onto Fisher Road (Mobile/Byrne Dairy on corner) for .2 miles -- Turn into driveway at the third building (Brown) on left (5869) – Dojo is the second building, second door.

Route 90 Thruway -- coming from Albany

Exit 34A to 481 South

Exit 690 West

Exit Bridge Street / East Syracuse – left off of ramp toward East Syracuse for 1.6 miles – Turn right onto Fisher Road (Mobile/Byrne Dairy on corner) for .2 miles -- Turn into driveway at the third building (Brown) on left (5869) – Dojo is the second building, second door.

Route 81 – traveling north – coming from Binghamton / Cortland

Exit 481 North (Jamesville/Dewitt)

Exit 690 West (left lane)

Exit Bridge Street / East Syracuse – left off of ramp toward East Syracuse for 1.6 miles – Turn right onto Fisher Road (Mobile/Byrne Dairy on corner) for .2 miles -- Turn into driveway at the third building (Brown) on left (5869) – Dojo is the second building, second door.

Route 81 – traveling South – coming from Syracuse Airport

Exit 690 East

Exit Bridge Street / East Syracuse – left off of ramp toward East Syracuse for 1.6 miles – Turn right onto Fisher Road (Mobile/Byrne Dairy on corner) for .2 miles -- Turn into driveway at the third building (Brown) on left (5869) – Dojo is the second building, second door.