

# *Capital Aikikai Seminar*

## Location:

Capital Aikikai  
923 Sligo Avenue  
Silver Spring, MD 20910

## Date: September 5-7, 2025

Friday: 18:00-19:00 and 19:15-20:15

Saturday: 10:00-11:00 and 11:15-12:15

Break for lunch (sandwiches, salads, fruit, and drinks provided)

14:15-15:15 and 15:30-16:30

Party after class: Directions provided at the seminar.

Sunday: 10:00-11:00 and 11:15-12:15

## Fees:

Whole weekend: \$125

## Ala carte:

Friday: \$50

Saturday: \$100

Sunday: \$50

## Register at:

<https://capitalaikikai.square.site/shop/seminars/8>

