

SEMINAR

August 20th and 21st, 2011

CAPITAL AIKIKAI, SYRACUSE, NY

Featuring
Bill Plank, 5th Dan, Shido-in



Bill Plank Sensei is the chief instructor of both Capital Aikikai, in Silver Spring, MD and Jackson Hole Aikikai, in Wyoming. He holds the rank of fifth degree black belt, and is a Shido-in instructor, registered with the Aikikai Hombu dojo, in Japan. He sits on the Board of Governors of the Capital Aikikai Federation and is one of the senior students of Clyde Takeguchi Shihan. Plank Sensei has been a student of Clyde Takeguchi Shihan of Capital Aikikai since starting Aikido in 1981.

Registration: Saturday 8/20/11 11 a.m.
Sunday 8/21/11 9 a.m.

Cost: \$40 Saturday only
\$30 Sunday only
\$50 Both Days

Saturday Class

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

Sunday Class

10:00 a.m. – 1:00 p.m.

*Capital Aikikai, Syracuse NY
5869 Fisher Road, Building 3, Suite, C, 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 third building, third 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 third building, third 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 third building, third 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 third building, third door.