

WEAPONS SEMINAR

April 14th and 15th, 2012

CAPITAL AIKIKAI, SYRACUSE, NY

Featuring
Russ Bodner Sensei



Russell Bodner is founder and Chief Instructor at *“The Westwind Center for Aikido and Traditional Japanese Weaponry”*.

The dojo was created as a retreat center available to all practitioners of aikido, regardless of affiliation or style, and to share traditional Japanese weapons styles.

Bodner Sensei holds the rank of 4th degree black belt in Aikido and kyoshi license in Tenshinsho-den Katori Shinto-ryu (a 600 year old classical martial system) awarded to him from Sugawara Sensei.

Russ Bodner is a graduate of the UCLA School of Medicine, and practices orthopedic surgery in Sycamore, IL.

Dr. Bodner’s interests are primarily in the integration of classical weapons training into the practice of aikido, fostering a spirit of togetherness in practice, and in promoting and teaching Katori Shinto-ryu in the Chicago land area.

Registration: Saturday 4/14/12 11 a.m.
Sunday 4/15/12 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.