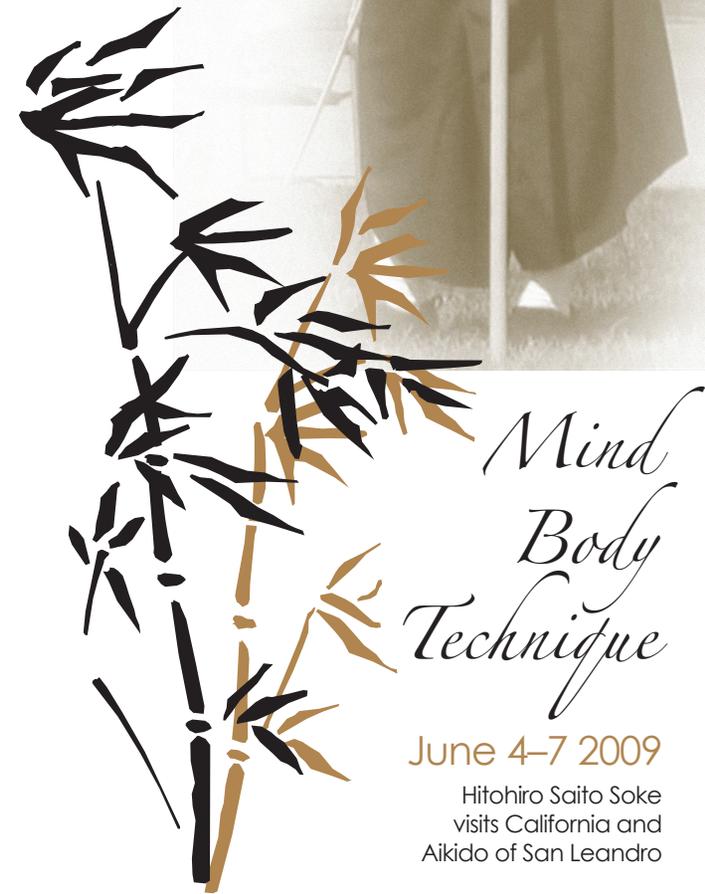




1033 MacArthur Blvd.  
San Leandro, Ca 94577



合気道



*Mind  
Body  
Technique*

June 4-7 2009

Hitohiro Saito Soke  
visits California and  
Aikido of San Leandro

### Directions to the Dojo

South of Oakland, North of Hayward. MacArthur is the service road for Highway 580 between the Dutton (to the North) and Estudillo (to the South) exits. Mid block, with the purple awning, kanji, and large familiar letters on plate glass windows. You can't miss it.

合気道



1033 MacArthur Blvd.  
San Leandro, Ca 94577  
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# Hitohiro Saito Soke

**Aikido of San Leandro** is pleased and honored to host a four-day seminar featuring Hitohiro Saito Soke on June 4-7, 2009. Located in the San Francisco Bay Area, Aikido of San Leandro offers world-class training in the midst of one of the most desirable vacation spots in the world.

**Hitohiro Saito** grew up and trained in Iwama while his father (Morihiro Saito) served O-Sensei. Hitohiro Saito Soke brings this unparalleled experience to teaching the unity of body, mind and technique. Through empty-hand techniques and weapons, studying with Hitohiro Saito Soke offers the Aikidoist a sharpening of focus and expression.

**Welcome** to Aikidoka of all levels. Aikido of San Leandro invites you to join us and Hitohiro Soke to clarify the unity of your mind, body and technique. Train with us and this unique and world-renowned instructor in the beautiful San Francisco Bay Area. *Onigaishimas!*

## Seminar Information

### Schedule of Events

<b>Thursday</b>	5:00-6:30 p.m.	Children's Class
<b>Friday</b>	1:30 p.m.	Registration
	2:00-5:30 p.m.	Weapons
	6:00-7:00 p.m.	Special Keiko
	8:00 p.m.	Party for Dojo-Chos
<b>Saturday</b>	8:00 am	Registration
	9:00-12:00 p.m.	Morning Keiko
	2:00-4:00 p.m.	Afternoon Keiko
	6:00-10:00 p.m.	Dinner Party
<b>Sunday</b>	10:00-noon	Taijitsu
	2:00-4:00 p.m.	Weapons

Ken and Jo are required for weapons training sessions

### Locations

<b>Seminar, Dinner Party</b>	Aikido of San Leandro 1033 MacArthur Blvd. San Leandro, CA
<b>Weapons Sessions</b>	At a park near dojo
<b>Dojo-Cho Party</b>	Sensei's house 4101 Maybelle Ave. Oakland, CA

### Seminar Pricing

<b>Weekend</b>	<b>\$150</b>
<b>Per day</b>	<b>\$80</b>
<b>Special Keiko</b>	<b>\$80</b>
<b>Children's Class</b>	<b>\$50</b>

## Hosted By



## Release, Waiver and Assumption of Risk Agreement

I, the undersigned student attending the Hitohiro Saito Soke Seminar ("Seminar") hosted by Aikido of San Leandro, by my signature below, agree that:

I am aware that I am applying for instruction in a martial art involving strenuous physical activity and personal body contact which can be physically harmful, and that the Seminar organizers and participants cannot guarantee my safety from harm while participating in this Seminar. I agree that while training, I am personally responsible for my own safety and agree that I will do all that I reasonably can to avoid injuring others. I agree to obey all instructions given by Seminar teachers or their agents.

By signature below, I hold harmless Aikido of San Leandro, the organizers of the Seminar, Seminar teachers, assistants, agents, volunteers, and all others involved in putting on the Seminar activities from liability (including, but not limited to, attorney's fees and costs) for all claims, actions, or damages, whether foreseeable or not, suffered by me or caused to third parties by me, arising out of my participation in Seminar activities and training, excepting only those claims, actions, or damages caused by the gross negligence, or intentional act or omission of any of them.

I have carefully read this agreement, understand it, am aware that it is a release of liability, and agree to be bound by its terms.

\_\_\_\_\_  
Name (printed) Signature Date

If student is under eighteen (18) years old, parent or guardian must sign below. I, the undersigned parent or guardian of the above student, have read this Release, Waiver, and Assumption of Risk Agreement, and consent to the above student's being bound by its terms, and I agree to the provisions of the agreement on behalf of the student, myself, or any other parent or guardian of the student.

\_\_\_\_\_  
Name (printed) Signature Date