



Minnesota Ki Society Spring Seminar

Terry Pierce Sensei, 7th Dan

May 14-16, 2010



Schedule:

Friday, May 14

6:00 – 9:00	Ki & Aikido
9:00 –	Pot-Luck Social at the dojo

Saturday, May 15

9:00 – 12:00	Ki & Aikido am Session
	Lunch Break
1:30 – 4:30	Ki & Aikido pm Session
6:00 –	Pot-Luck Dinner & Social

Sunday, May 16

9:00 – Noon	Ki & Aikido
-------------	-------------

All times listed are bow-in times. Please arrive early enough to change and stretch before class.

Costs:

Full Seminar	\$60.00
<i>a la carte</i>	
Per Session	\$20 each
Saturday Lunch	\$7 (Sub Sandwiches)

Lodging:

Please contact us if you are looking for accommodations. We have some space available in members' homes for out of town guests. We will also be happy to provide hotel information.

Weapons & Dogi

If you have training weapons (Boken, Jo, & Tanto), please bring them Saturday & Sunday. Please dress as you would for class at your home dojo, wearing rank belt and hakama as appropriate.

Terry Pierce Sensei

7th Dan, Okuden
Chief Instructor: New Jersey Ki Society

Pierce Sensei the senior most member of the Eastern Ki Federation and has been a student of Tohei Sensei since 1960. He founded the New Jersey Aikikai in 1968 and the New Jersey Ki Society in 1974, where he continues to serve as Chief Instructor. Pierce Sensei is Nanadan (7th degree blackbelt) in Shinshin Toitsu Aikido, Okuden (highest awarded rank) in Shinshin Toitsudo and is a full lecturer and authorized examiner in the International Ki Society.



Minnesota Ki Society Spring Seminar

Terry Pierce Sensei, 7th Dan

May 14-16, 2010

The Center for Mind-Body Oneness
558 Vandalia
Saint Paul, MN 55117

The Center for Mind-Body Oneness is located in the Water Tower building at 558 Vandalia in Saint Paul. We are half a block north of I-94 and easily accessible from anywhere in the Twin Cities.

Directions:

From the East

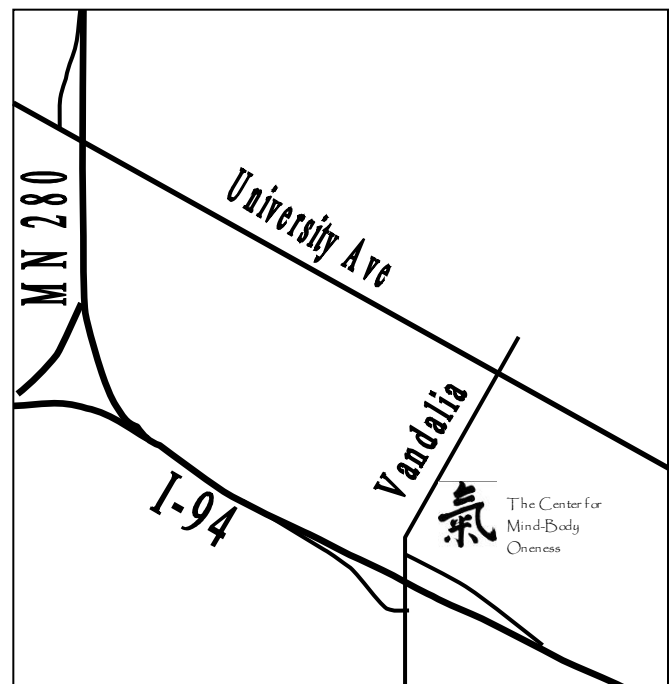
Take I-94 to Cretin-Vandalia (exit 237)
Turn right onto Vandalia
Go half a block and turn right into the drive

From the West

Take I-94 to Cretin-Vandalia (exit 237)
Turn left onto Vandalia
Cross over the freeway, go half a block and turn
right into the drive

From the North

Take Hwy 280 south to the University Ave exit
Turn left at University Ave (the second stoplight)
Follow University Ave ½ mile to Vandalia
Turn right on Vandalia
Go 1 ½ blocks and turn left into the drive



We are located on the Second Floor. Take the stairs up and follow the hallway to your right. Ours is the second studio on your right.

Notes:

- We have modest sized changing rooms and you may need to wait to change. Please arrive early.
- Our studio is in an old warehouse building that is primarily artists' lofts today. There are public rest-rooms that are what you might expect from a warehouse being converted to artists' lofts.



Minnesota Ki Society Spring Seminar

Terry Pierce Sensei, 7th Dan

May 14-16, 2010

Name: _____
 Address: _____
 Phone: _____ e-mail: _____
 Dojo: _____ Aikido Federation: _____ Rank: _____
 Emergency Contact: _____ Relationship: _____
 Phone: _____

Sessions you will attend (check):

- Friday Class & Social
- Saturday AM Saturday PM
- Sunday

Costs

Full Seminar: \$60.00
 Saturday Lunch \$7 Vegetarian Vegan
a la carte
 Per Session: \$20 x number of sessions: \$ _____

Amount Enclosed: \$ _____

Make checks payable to The Center for Mind-Body Oneness

Mail your completed registration form by May 1, together with a check, to:

The Center for Mind-Body Oneness, 846 Clear Ave, St. Paul, MN 55106

You may also register in person at any time.

Release of Liability and Assumption of Risk:

I, _____, understand that Aikido is a rigorous physical activity that includes, but is not limited to, strikes, falls, and the application of force to joints. I recognize that, while efforts have been made to insure a safe training environment, there are inherent risks in my participation in this seminar hosted by The Center for Mind-Body Oneness. In full consideration of this:

1. I certify that I am in good health and have no physical conditions which would endanger my health through my participation in any part of this seminar.
2. I take full responsibility for my participation in each activity and exercise presented in this seminar. As a voluntary participant in each activity, I assume full legal responsibility for any risks involved in my participation. On behalf of myself and my heirs, I hereby release Minnesota Ki Society, Eastern Ki Federation, The Center for Mind-Body Oneness, their officers, instructors and representatives from any liability for any injury or damage which may be sustained to me or my property through my participation in this seminar.
3. I certify that I have fully informed myself of the risks of participating in this seminar, that I understand the content of this release of liability, and that I am legally competent to execute it.

Signature: _____
 (Signature of Parent or Guardian if under 18)

Date: _____