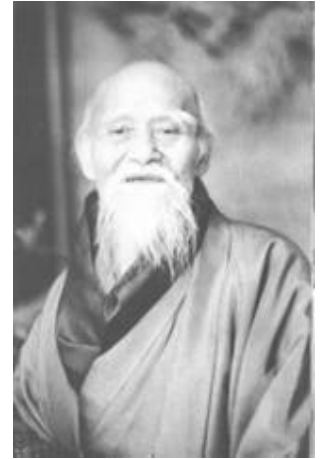


Common Ground 2010

Aikido in Virginia Friendship Seminar

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Labor Day Weekend
Saturday, Sept 4 (9A-5P)



A day for practitioners of Aikido to come together and experience the diversity of Virginia's Aikido Resources – which are all part of O'Sensei's legacy.

Instructors include:

Gordon Sakamoto, 6th dan, Northern Virginia Aikikai (USAF)

Jim Sorrentino, 5th dan, Aikido of Northern Virginia (ASU)

Aviv Goldsmith, 5th dan, Aikido in Fredericksburg (TAA)

Tim Sheldon, 5th dan, Bryant Park Aikido (TAA)

Yvonne Thelwell, 4th dan, Aikido of Arlington (CAA)

Jerry Roy, 4th dan, Dale City Aikido (USAF)

Steve Wolf, 3rd dan, Merrifield Dojo (VA Ki Society)

Asim Hanif, 3rd dan, Potomac Aikikai (CAF)

\$55 Fee includes a simple lunch (Discounted Early Registrations by 8/30)

\$70 thereafter (space available basis)

Organized and Hosted By:

Aikido in Fredericksburg

6155 Hickory Ridge Road

Spotsylvania, VA 22551

(540) 582-9600

www.gashuku.net



Common Ground – Aikido in Virginia

2010 Friendship Seminar – Application/Waiver

Non-Refundable Fee Must Accompany Registration

(please make check payable to Aikido in Fredericksburg and mail to 6155 Hickory Ridge Road, Spotsylvania, VA 22551 before August 30)

Name _____ Contact Telephone _____

Address _____ City, State _____

Zip _____ Aikido Rank _____

Home Dojo _____ Email Address _____

How did you learn about Common Ground? _____

Do you have any health limitations that would affect your ability to practice Aikido?

Contact Person and Phone In Case of Emergency:

Amount Enclosed (\$55 for pre-registration by 8/30, \$70 thereafter (space available basis): _____

Will you attend the informal reception after the training? _____

READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned guest of AIKIDO IN FREDERICKSBURG, and the Common Ground 2010 Friendship Seminar instructors, (hereafter called "Schools"), acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I acknowledge that any insurance that the Schools may carry may not cover injury to its students. As a condition to being admitted to the Common Ground seminar and related events, I assume the risk of all injury and *do hereby hold Schools, its instructor, employees, volunteers, lessors, and agents harmless from any and all liability* (including attorney's fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Aikido, any variation thereof, or associated therewith, whether occurring on the premises of the Schools or elsewhere, excepting only those actions or damages caused by the gross negligence of any of them.

I agree that the health, welfare, and safety of all students, members, and instructors of the Schools are of paramount importance. I certify that there is no medical reason to preclude me from training. I certify that, other than as stated above, I do not have a communicable, contagious, or other health condition that poses a medically-recognized or dangerous risk of harm to other students, members, or instructors of the School.

I agree to abide by the rules of the Schools and to follow explicitly all instructions given by instructors. I understand that (a) training is a privilege, (b) that the Schools may refuse to provide instruction or membership to any person at any time, and (c) fees paid are not refundable. I agree to clean up any trash or recyclables generated during the event and permit Aikido in Fredericksburg to use any photos or other likenesses of me in their educational or marketing materials.

Date _____ Signature _____

If student is under eighteen (18) years of age, parent or guardian must also sign here.

I, the undersigned, as parent or guardian of the above applicant, certify that I have read the above application and I consent to the applicant's receiving the instruction applied for and I agree to the provisions of the contract for myself and said applicant.

Date _____ Signature _____

Common Ground – Aikido in Virginia 2010 Friendship Seminar

DIRECTIONS TO DOJO

From the North:

Take I-95 to Exit 126, Massaponax

At the exit turn right onto US1 (Jefferson Davis Highway)

Go about 5 miles (along the way you'll pass Route 17, Massaponax High, and the NI River)

Turn right onto VA632 which is Hickory Ridge Rd

Go 1.4 miles and turn right into the paved driveway

If the paved parking is full please continue around to the left to the overflow parking area (on the grass to the left)

From the South:

Take I-95 to Exit 118, Thornburg

At the exit turn left onto Mudd Tavern Road (606)

At the traffic light turn right onto US1 (Jefferson Davis Highway)

Go 2.5 miles

Turn left onto Hickory Ridge Rd / VA 632

Go 1.4 miles and turn right into the paved driveway

If the paved parking is full please continue around to the left to the overflow parking area (on the grass to the left)

From the West or East:

Get yourself to Rt 208.

Just south of "downtown" Spotsylvania turn east onto 608/Massaponax Church Rd.

Go ~3 miles. Turn right onto Hickory Ridge Rd / VA 632

Go 1.8 miles and turn left into the paved driveway

If the paved parking is full please continue around to the left to the overflow parking area (on the grass to the left)

IF YOU GET LOST EN ROUTE CALL THE DOJO AT 540-582-9600

Here are two hotels in the area to consider:

Inexpensive	Nicer
Super 8 Fredericksburg South 5319 Jefferson Davis Hwy Fredericksburg, VA, 22408 US 540-898-7100 (\$50 at press time)	Sleep Inn Fredericksburg 5400 Southpoint Boulevard, Fredericksburg, VA, US, 22407 Phone: (540) 710-5500 (\$80 at press time)