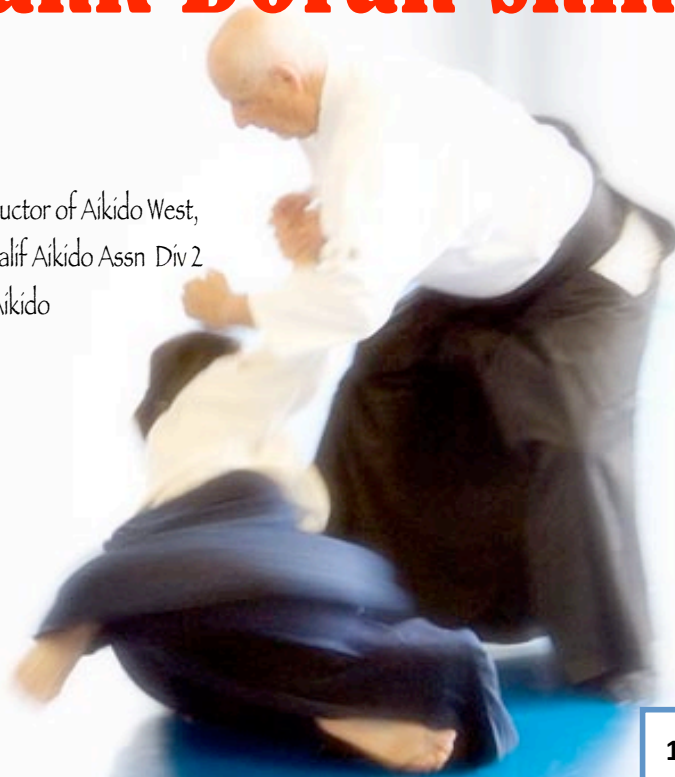


Aikido of San Luis Obispo

proudly hosts

Frank Doran Shihan

7th Dan
Chief Instructor of Aikido West,
Head of Calif Aikido Assn Div 2
50 Years Aikido



Sat Jan 30

10:00am—12:00pm
2:30pm—4:30pm
\$55 full day / \$35 half day

Aikido of San Luis Obispo 209 Bonetti SLO 93401
aikidoslo@mac.com (805) 544-8866 www.aikidoslo.com

Frank Doran Sensei—one of the few American Shihan—has a half-century of Aikido experience. Doran Sensei is Chief Instructor of Aikido West, Head of California Aikido Association, Div. 2. He instructs nationally and internationally. Sensei's background includes being a former police officer, police defensive tactics instructor, and US Marine hand-to-hand combat instructor. His martial arts studies began with Judo in 1955. Starting in 1959, Aikido became his life practice. Doran Shihan teaches Aikido as a true Budo – a way of life that seeks to polish the self through a blend of rigorous physical training and spiritual discipline. His classes emphasize a balance between effective technique and Aikido's philosophical/ethical aspects. **PRACTITIONERS OF ALL LEVELS AND STYLES OF AIKIDO ARE INVITED TO COME SOAK UP SENSEI'S CRYSTAL-CLEAR DEMONSTRATIONS, PRECISE DETAIL, HUMOR, WIT, AND GENEROUS ATTENTION TO STUDENTS.**

Aikido of San Luis Obispo

209 Bonetti Drive
Near Higuera & Prado
San Luis Obispo 93401
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Driving Directions

US 101 to Madonna
Road Exit. Turn Right on
Madonna. Right on
Higuera. Left on Prado.
Right on Empresa
(Empresa deadends at
our driveway.)