

# Aikido Seminar with Sensei Pat Hendricks 6<sup>th</sup> Dan

Hosted by [Iwama Ryu Wales](#) at Caerphilly Leisure Centre,  
Virginia Park, Caerphilly, South Wales  
Saturday 3<sup>rd</sup> April, Sunday 4<sup>th</sup> April and  
provisionally Monday 5<sup>th</sup> April 2010



**Open to ALL styles of Aikido**

**Participants must be 18 or over and hold valid insurance**

## **Timetable:**

### **Sat 3 April 2010**

Registration 9am

1st Keiko - Taijutsu 10:00 – 11:15  
2nd Keiko - weapons 11:30 – 12:45

Lunch 12:45 – 14:00

Special Keiko 14:00 – 15:00  
3rd Keiko – weapons 15:15 – 16:15  
4th Keiko – Taijutsu 16:30 – 17:30

### **Sunday 4 April 2010**

Registration 9am

1st Keiko - taijutsu 10:00 – 11:15  
(this session is the only session on which  
juniors are allowed to participate)  
2nd Keiko - weapons 11:30 – 12:45

Lunch 12:45 – 14:00

3rd Keiko - weapons 14:00 – 15:15  
4th Keiko - taijutsu 15:30 – 16:45

Photo session to follow Sunday practice.

At the time of posting, due to the Easter holiday we are unable (at present) to use the venue on Easter Monday (5 April) as it is closed to the public. We are however searching for an alternative venue in order to offer a third day of practice on the Monday. If this goes ahead it will be 3 hours weapons practice split in to either two 1 ½ hour or three 1 hour sessions.

**Cost:** Fees for Saturday and Sunday are £30 per day or £10 per Keiko. (So if you do a whole day – 4 Keiko’s – you get four for the price of three) excluding the special Keiko which is an **additional** £10. Monday’s practice is £20 for the full 3 hours or part thereof.

If you take part in all sessions, including the special Keiko your fees will be £90.

**All** participants will need to provide evidence of insurance when registering.

If you are taking part in the weapons Keiko’s then you will need your own bokken and Jo.

**Accommodation:** there are plenty of options in and around Caerphilly; however as this is Easter weekend we advise that you make your arrangements early to avoid disappointment!

**Accommodation links:**

[stayinwales.co.uk](http://stayinwales.co.uk)    [tycastellguesthouse.co.uk](http://tycastellguesthouse.co.uk)    [premierinn.com](http://premierinn.com)  
[travelodge.co.uk](http://travelodge.co.uk)    [bedandbreakfast-directory.co.uk](http://bedandbreakfast-directory.co.uk)  
[information-britain.co.uk](http://information-britain.co.uk)    [city-visitor.com](http://city-visitor.com)  
[visitcaerphilly.com](http://visitcaerphilly.com)    [a1tourism.com](http://a1tourism.com)

This is just a selection from the web; please feel free to conduct your own searches for other accommodation.

**Please note: Seminar fees will only be refunded if the seminar is cancelled by the organisers. The organisers will take no responsibility for accommodation fees or inability to attend on the part of you the participant.**

***To book your place e-mail [graham.devall@talktalk.net](mailto:graham.devall@talktalk.net) and a registration form and payment details will be sent to you.***

*PLEASE NOTE: your place will be booked on a provisional basis only until we receive your completed registration form. You must complete and return your registration form to guarantee your place – in the event of the course becoming overbooked only those that have returned a completed registration form will be eligible to practice.*