

**Announcing the 2009 EKF
Shugyo Tassei Kigan Shiki Seminar**

With David Shaner Sensei, 7th dan

**At The Northern VA Ki Aikido Dojo
January 30, 31 & February 1, 2009**

David Shaner Sensei

Chief Instructor, Eastern Ki Federation
7th Degree Blackbelt (Shinshin Toitsu Aikido)
Okuden, Shinshin Toitsudo (Ki development)

David Shaner is the Chief Instructor of the Eastern Ki Federation and is Japan Headquarter's Advisor to Eastern Europe and Western Russia. He has been training with Tohei sensei for 39 years and was an uchi deshi (live-in student). Shaner sensei has been teaching at Furman University for 26 years and serves as the Gordon Poterat Professor of Philosophy and Asian Studies, as well as Chair of the Department of Philosophy.



Schedule

Friday, January 30, 2009 – “The Basics: Be Natural” – part 1

5:30p	Check-in
6:00 - 9:00	Training
TBA	Friday Evening Social

Saturday, January 31, 2009 – “The Basics: Be Natural” – part 2

9:30a - 12n	Ki class
12n – 1:00p	Lunch at dojo (included in training fee)
1:00 - 4:30a	Training
6:00 - 9:30p	Dinner/Social at the home of Matt and Sharon Doetsch-Kidder (A \$10 donation toward dinner will be requested)

Sunday, February 1, 2009 – Experiencing and Performing Advanced Ki Tests

9:30a-12:30p	Training (The Sunday training is open to all, but the program will be geared toward instructors and Qualified Examiners.)
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2009 EKF Shugyo Tassei Kigan Shiki Seminar

Registration Form

Name _____ Home phone _____

Email _____ Cell phone _____

Address _____

City _____ State _____ Zip _____

Dojo _____ Rank _____

Emergency Contact Name _____

Phone: home _____ cell _____

Address _____

City _____ State _____ Zip _____

Pre-registration deadline is January 10th

Please indicate your desired registration package and add \$25 if postmarked after January 10
(Participation for the full weekend program is encouraged, especially for instructors.)

Full Seminar postmarked on or before January 10th - \$125

Full Seminar at the door, or postmarked after January 10th - \$150

Full three day seminar: Friday, Saturday & Sunday **\$125**

Friday Only \$60

Saturday Only \$90

Sunday (To promote full seminar participation, Sunday is included only as part of the 3 day price package.)

Late registration (if postmarked after January 10th) **\$25**

Amount enclosed: \$ _____

Please include a minimum \$50 non-refundable deposit.

Make checks payable to **Virginia Ki Society**. Please do not send cash.

For questions, financial assistance, or special circumstances,
contact Tim Felegie at: (703) 573-8843, or email tsf22@comcast.net

Please mail registration form, waiver, and deposit to:

Virginia Ki Society
P.O. Box 2351
Merrifield, VA 22116

Dojo location and directions are available at www.novakiaikido.org



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Articles of release from liability and assumption of risk

I certify that I am in good health and haven't any physical defect that would endanger my health in participation and practice of Shinshin Toitsu Aikido and/or Ki training. I hereby release and discharge the International Ki Society, Eastern Ki Federation, and the Virginia Ki Society, its officers, instructors, participants, and affiliated member clubs from any liability whatsoever resulting from or in any manner arising out of injury, loss, or damage that may be sustained to me or my property on account of my participation, and/or transportation connected with, herein said activity. I represent and covenant at the time of signing this release application, I am legally competent to execute it and that before signing it, I have fully informed myself of its contents and execute it with full knowledge thereof. (Parental signature required for participants under age 18).

SIGNED: _____ Date: _____

Parent or Guardian Name (Please print): _____

Parent or Guardian Signature: _____ Date: _____

Please mail registration form, waiver, and \$50 deposit to:

Virginia Ki Society
P.O. Box 2351
Merrifield, VA 22116

If you have any questions, please call (703) 573-8843 or email tsf22@comcast.net

Seminar lodging and transportation information

Dojo location

The Northern Virginia Ki Aikido dojo (seminar location) address is:
2929-E Eskridge Road, Fairfax, VA.

The dojo phone is answered and messages are checked during operating hours:
(703) 573-8843

The dojo is about a 15-minute walk from the **Dunn Loring Metro station**, which is on the Orange Line. If you prefer, you can call the dojo from the station for a ride.

For more information and a system map, visit the Metro website at <http://www.wmata.com>.

Lodging

There are lots of motel options around the dojo, and you can choose depending on your budget. **Choice Hotels & Motels** are really inexpensive. You can check them out at www.choicehotels.com.

The Fairview Park Marriott is a little pricey, but is convenient and has been a popular choice in the past:

http://www.marriott.com/hotels/travel/wasfp-fairview-park-marriott/?ppc=eastern_google_wasfp&vpckey=falls-church-marriott&vpccat=brand

Here are some other ideas:

The Homewood Suites Hotel by Hilton

http://homewoodsuites1.hilton.com/en_US/hw/hotel/WASMFHW-Homewood-Suites-by-Hilton-Falls-Church-I-Rt--Virginia/directions.do

8130 Porter Road, Falls Church - (703) 560-6644

Dunn Loring Fairfax Courtyard

2722 Gallows Rd, Vienna - (703) 573-9555

Comfort Inn Tysons Corner

1587 Spring Hill Road, Vienna, VA 22182 Tel: 703-448-8020

Review by Mayumi Case Sensei: The Comfort Inn wasn't a fancy place, but very clean and very inexpensive - the weekend + internet rate was \$79.00 + tax per night (early 2008 prices). I don't think you can find this kind of price in the area. Everything else seems to be well over \$100 per night even over the weekend. It is, however, a little ways from the dojo (4.9 miles). The speed limit around the area is 35 mph all the way, and there are many traffic lights, so allow enough time for the drive, especially Friday evening. Russell McCullock sensei from South Carolina stayed there too, and the drive for him took 20 minutes on Friday, but Saturday and Sunday traffic wasn't bad at all. I highly recommend it if you want a very inexpensive accommodation. Their free breakfast was great, too.

Ground transportation from area airports to the Dunn Loring Metro station

(Reagan) National Airport (DCA)

National Airport is the easiest option to get to the dojo, since you can get on the Metro right at the airport and avoid road traffic. Allow about 50 minutes to get from National Airport to the Dunn Loring station. The fare will be \$3.15.

Take the Metro Blue line towards Rosslyn. At the Rosslyn station, switch to the Orange line towards Vienna. Dunn Loring will be the seventh stop.

Dulles Airport (IAD)

Arriving at Dulles, the cheapest option would be to take the Washington Flyer bus (<http://www.washfly.com/metro.htm> for the schedule) to the West Falls Church Metro station (about 30

minutes, \$9). From the West Falls Church station, take the Orange line toward Vienna. Dunn Loring will be the first stop. You can also take a taxi or airport shuttle from Dulles (information is available online and at the airport).

Baltimore Washington Airport (BWI) usually has inexpensive flights, but it takes the longest to get to the DC area. On Friday, you can take the MARC train to Union Station in DC. At Union Station, follow the signs to the Metro and board the Red line toward Shady Grove. At the third stop, Metro Center, transfer to the Orange line, heading towards Vienna. Take the Orange line to Dunn Loring station. You should plan at least 2.5 hours for this trip, and realize that the MARC train does not operate on weekends, so you would need alternate transportation, such as an airport shuttle, to get back to BWI on Sunday. You can check <http://www.bwiairport.com> for more details on ground transportation.

This company is a shuttle service operating out of Dulles and National Airports: Blue Van or Super Shuttle 1-800-258-3826