

**EKF General Seminar
Self-Defense**

Friday, March 20th, 2009

5:30 Registration
6:00-8:00 Testing
8:00 Friday night social at Zimmerman
residence

Saturday, March 21st, 2009

9:00 – 12:00 Aikido
12:00 – 1:00 Lunch
1:00 – 4:00 Aikido/Weapons

Location: Appalachian Ki Aikido (Boone Podiatry)
610 State Farm Road
Boone NC 28607
Directions: (see Mapquest)

Instructor: Terry Pierce, Sensei, 7th Dan, EKF

Price: Friday & Saturday - **\$50.00** (Student \$40.00)
Friday only **\$20.00**
Saturday only **\$40.00**
Friday Night Social **\$10.00**
Saturday lunch **\$5.00**

RSVP: Please e-mail info pzimmerman4692@charter.net
(828)773-4172 www.appkiaikido.org

Place to stay: If you need a place to stay in Boone on Friday and don't mind sleeping on the couch or on the floor, we have limited spots at dojo members residences, as well; the dojo is available for those with sleeping bags.

Motels & Hotels: There are many motels, in Boone, all within a mile from the dojo. <http://hotel-guides.us/north-carolina/boone-nc-hotels.html>. Under "Find Hotels near..."; click on the "Street Address". You can type in the dojo address above and find a whole bunch of choices.
