



*Aikido West*  
*Presents*  
**Kid-Energy**  
**Open**  
**Gasshuku**

**A 24-Hour Weekend Seminar for Kids**  
**Saturday 2pm - Sunday 2pm / October 18<sup>th</sup>-19<sup>th</sup>**

- INSTRUCTORS** **Cyndy Hayashi, 6th Dan**  
**Robert Kent, 3rd Dan**  
**Virginia O'Hanlon, 3rd Dan**
- LOCATION** **Aikido West - 3164 Bay Road**  
**Redwood City, CA**
- STUDENTS** **Kids (age 9+), Parents, and**  
**other Instructors welcome**
- SCHEDULE** **Sat - 3 classes, starting at 2pm**  
**Sun - 3 classes, finishing at 2pm**
- BRING** **Gi, Bokken, Jo, pajamas,**  
**sleeping bag, toothbrush**
- FEE** **\$20 - includes 3 meals**
- CONTACT** **RK@AikidoKids.com**  
**650.365.6432 (evenings)**