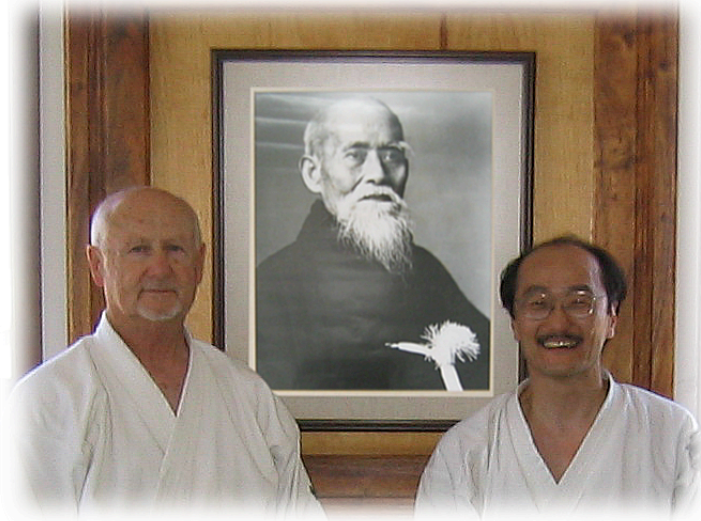


# **Aikido North**

Presents a

## **Weekend Seminar**



with **Frank Doran Shihan**

Chief instructor of Aikido West, Head of CAA Div 2

Friday, Aug 17

6:30 p.m. – 8:30 p.m.

Saturday, Aug 18

10:00 a.m. – Noon &

2:00 p.m. – 4:00 p.m.

Sunday, Aug 19

10:00 a.m. – Noon

Fee: \$90 (Visitors are welcome to observe class.)

Frank Doran, the founder and chief instructor of Aikido West, has a long and varied background in the martial arts that began with his enrollment in a judo dojo in 1955. A former United States Marine hand-to-hand combat instructor and police defensive tactics instructor, he has studied a variety of martial arts. In 1959 he began formal aikido training, and has since trained and continues to train under many of Japan's shihan (master teachers). Aikido is his primary discipline and way of life.

An internationally known and respected teacher, Doran Sensei is a frequent guest instructor at training seminars throughout the United States and abroad. Stressing that aikido is 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 the philosophical, ethical, and spiritual aspects of aikido.