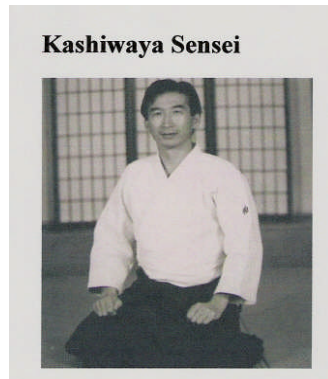


2010 South Mountain Aikido's Summer Seminar

South Mountain Aikido (SMA) is pleased to invite you to attend a weekend of Ki and Aikido at Frostburg State University in Frostburg, Maryland, July 30 to Aug. 1, 2010.

**Guest instructor: Koichi Kashiwaya Sensei (8th Dan),
Shinshin Toitsu Aikido.**



The schedule for the seminar, directions to Frostburg State University and a registration form are attached. The cost of the seminar is \$ 210 and \$ 160 for each non-participant **or** child up to age 16. Rooms are double occupancy (Friday and Saturday nights). For a private room please add \$40 to the above fees. Fees include training, linens, five meals, seminar T-shirt and two nights in a genuine college dorm room.

Linens and a meal card are picked up at check-in. Final payment is due at camp. The Frederick KI Society is handling the administration of the camp. To be part of this fun and informative weekend in beautiful Western Maryland, please mail the completed form and a non-refundable deposit for \$100 payable to FREDERICK KI SOCIETY (FKS) to:

**Thomas Mundell
13208 Osterport Drive
Silver Spring, MD 20906**

Send in your application and the deposit **postmarked by June 5.** Send \$200 by June 5 and save \$10. If you have any questions, please call:

Thomas Mundell - Summer Seminar Chair
301-942-6108 (eves, leave a message)
240-535-6374 (day), email: fabianmundell@cs.com

We look forward to seeing you at the seminar!

SEMINAR SCHEDULE

June 5, 2010-- Registration forms and deposits due

July 30, 2010 – 4:30 PM Begin Check-in/Final Payment & Registration at Frederick Hall
5:30 to 6:30 Dinner at Lane University Center
7 PM Social Time in Frederick Hall Lobby (snacks and refreshments)

July 31, 2010 -- 6 AM - Wake-up & Hot Coffee
6:30 AM to 7:30 AM - Ki Development Class
8 AM - Breakfast
9 AM to 11:30 AM – Ki-Aikido Class
Noon - Lunch
2 PM to 4:30 PM – Jo & Bokken
5:30 PM - Dinner
7:30 pm to 9 pm - Sensei's Choice

August 1, 2010 -- 6 AM Wake-up & Hot Coffee
6:30 AM to 7:30 AM – Ki Development Class
8 AM - Breakfast
9 AM to 11:30 AM Ki-Aikido
Check-out before 2:00 pm

DIRECTIONS

FROM WASHINGTON D.C. AREA

Take 1-270 north to 1-70. Take 1-70 west to Hagerstown.

Continue on 1-70 to Hancock, then take 1-68 west to Cumberland. Go through Cumberland and take exit 33 off of 1-68 onto Midlothian Road. Take Midlothian Road north to University Road; turn left and follow Ki signs to Residence Hall. From Gaithersburg to Frostburg is approximately 130 miles.

