

Winter Instructors' Intensive With Kashiwaya Koichi Sensei February 5, 6 & 7, 2010



This year's Winter Instructors' Intensive will be hosted by Saint Louis Ki Society in Saint Louis Missouri. Training will include Sokushin no Gyo, and there will be Senshin no Gyo on Sunday morning (bring swim suit & towel).

This Intensive is open to any Ki Society instructor or assistant instructor.

- ⊖ A minimum of 2nd Kyu rank is required*
 - ⊖ This training will be physically demanding.
 - ⊖ Enrollment is limited to 50
 - ⊖ Non-MKF participants must have approval from their regional Chief Instructor to participate.
 - ⊖ Participants from Midland Ki Federation must have approval from their Head Instructor.
 - ⊖ Brief or sporadic attendance can reduce the quality and intensity of this training experience; participants are encouraged to attend as much as possible; a minimum full day's attendance is expected; additional half days may then be selected.
- * *MKF students with 3rd Kyu rank may attend with special permission from Kashiwaya Sensei if recommended by their Head Instructor.*

Locations:

The Religious Society of (Quaker)
Friends Meeting House
1001 Park Avenue
St. Louis, MO 63104

Saint Louis Ki Society Dojo
6006 Pershing Avenue
St. Louis MO 63112

[Map](#)

[Map](#)

Lunches will be provided at the training site on Friday and Saturday for an additional fee.

Training Schedule:

February 5 & 6 (Fri & Sat)
Friends Meeting House
8:00 – 11:00 AM
12:30 – 3:30 PM

February 7 (Sun)
Saint Louis Ki Society Dojo
9:00 AM – 12:30 PM

Fees: Please send application form and make payment to **Midland Ki Federation** by mail at 6006 Pershing Ave., Saint Louis MO 63112, by Google Checkout at midlandki.org

\$180.00 for all training

\$75.00 per day

\$40.00 Half Day (In combination with other days only)

Please send your non-refundable **deposit of \$75 by January 22.**

The balance must be paid by the first class you attend.

Host Information

Information about lodging and transportation can be found on other documents. For more information, go to the MKF website at <http://www.midlandki.org>, email to intensive2010@stlki.org, or call Saint Louis Ki Society at (314) 726-5070.