



a seminar with *Frank
Doran Shihan*

*Aikido of Northern
Virginia
March 15, 16 & 17 2019*

Frank Doran-sensei, Shihan, 8th dan, will be in Virginia for a rare East Coast seminar. All students are welcome to come and train with this pioneer of the art of aikido in the US.

Schedule

Friday, March 15, 6:30 - 8:30 pm

Saturday March 16, 10:00 am - 12 noon &
2:30 pm - 4:30 pm

Sunday March 17, 10:00 am - 11:30 am (This class will be held at the Dawson Center located at 2133 N Taft St, Arlington, VA 22201. For directions, please see <https://parks.arlingtonva.us>)

Seminar Fee

\$150 for the weekend
or

\$60 per session.

Check or Cash

No pre-registration needed

*Aikido of Northern Virginia
601 N Vermont St
Arlington, VA 22203
(571) 317-1987*

<http://aikido-nova.org/>