



# Twin Cities Seidokan and One Circle Aikido present



## a workshop featuring instruction by Northern Lights Aikido Chief Instructor Sensei Brad Bergeron, Yondan

The workshop is open to all aikido students and martial artists of other styles. Sensei Bergeron will be instructing technique reversals and tanto-dori during this workshop.

### Time & Date:

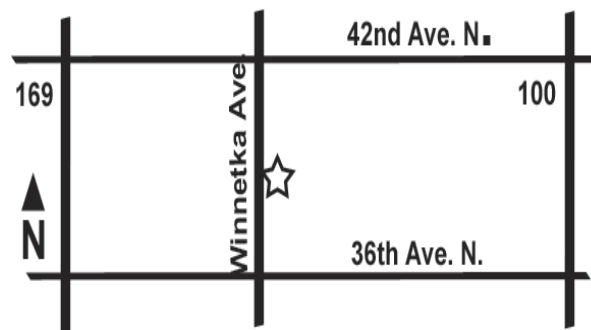
Friday	February 3rd	6:30pm - 8:00pm
Saturday	February 4th	9:00am - 11:00am*

\*There will be a group lunch at the Sunshine Factory afterward.

### Location:

Sparrow Institute  
4000 Winnetka Ave. N. #240  
New Hope, MN 55428

(across the field from the School bus garage  
and enter in the rear)



Cost: \$15.00 (make checks payable to Sparrow Institute)

### For more information, call or email:

Rob Frankovich  
763-540-0768

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