



Aikido Seminar with Randy Bonifay Sensei

May 16-18th, 2008

Bonifay Sensei began study of Aikido in August 1982 under Bill Sosa Sensei in Dallas, Texas while still affiliated with Rod Kobayashi Sensei's organization, Seidokan Aikido. He was a senior student when Sosa Sensei founded the International Aikido Association in 1995. He was promoted to Godan (5th Degree) in 1997. With the passing of Sosa Sensei in 2002 he became Senior Instructor of the IAA. In June 2003, he formed the Mid America Aikido Federation. Bonifay Sensei holds a BS in Secondary Education (speech/Drama) from Texas A&I University and a MFA in Theater from Trinity University. He is a massage therapist and certified Rolfer, and brings his knowledge of anatomy and alignment into his Aikido. He is married to Elly Lindsay (actress/teacher) and has an 21 year old son David.

All Styles and Affiliations are Welcome!
Please bring: bokken, jo, and tanto if possible

Seminar Schedule

Friday May 16-MCFM Bukou Dojo, Hudson 6:30pm
Short Class, followed by Dan Testing– Free to all

Saturday May 17– MCFM Enso Dojo, Burnsville
1pm-5pm Aikido Seminar
Dinner at Old Chicago

Sunday May 18– MCFM Bukou Dojo, Hudson
1pm-4:30pm Aikido Seminar
Potluck to be served at dojo after seminar

[\\$50 for whole weekend register before May 2nd, \\$55 at door,](#)
[\\$40 for Sat., \\$35 for Sun.](#)

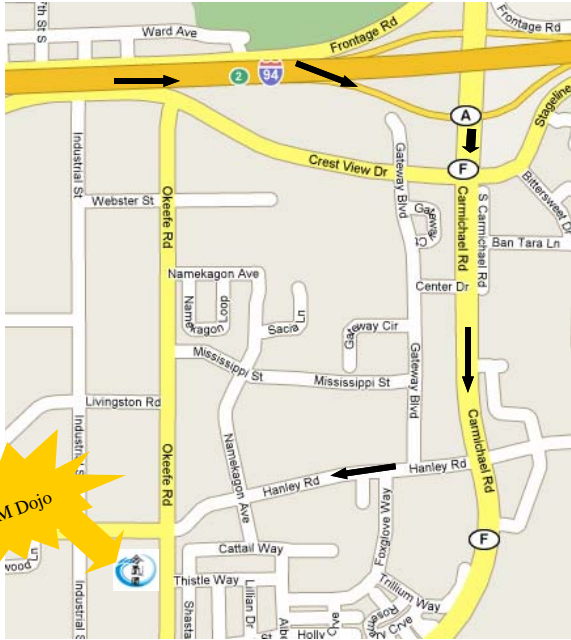


Visit us at: www.DoMartialArts.net

e-mail: mike@MidwestAikido.com

Directions to Midwest Center For Movement Dojos

MCFM Aikido Bukou Hudson: 1830C Hanley Place, Hudson WI 54016



From MN:

Take 94 East to Hudson, Exit 2 (Carmichael Road)
 Take a right on Carmichael, go South on Carmichael for 3/4 mile
 Take a right on Hanley.
 At your next Stop Sign (intersection with O'Keefe Road) go straight through the intersection and take your next immediate left (into our parking lot). Go to the South end of the building.

We are just East of the Hudson Hockey Arena/Civic Center

Please don't Mapquest the dojo- it's not correct.

MCFM Enso Aikido Dojo: 12205 Wood Lake Drive Burnsville, MN 55337

From 35W heading South:

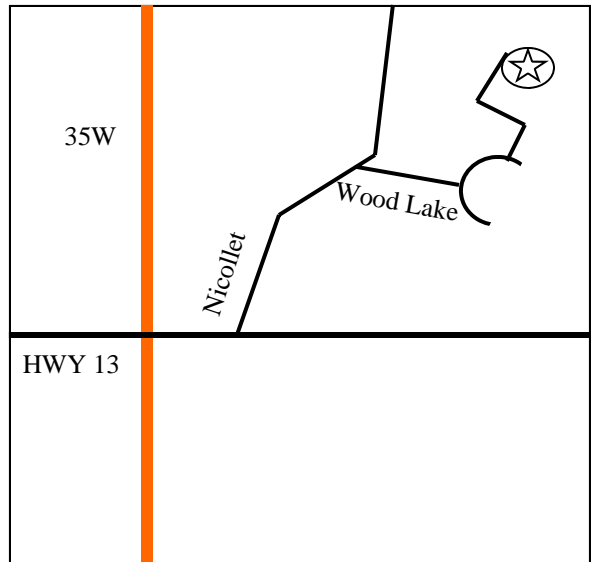
Take the Highway 13 North exit
 Follow to the intersection with Nicollet Avenue
 Turn left on to Nicollet (heading north)
 Go through next stoplight, take the fourth right (Wood Lake Drive)
 Take first left into parking lot, then immediately left again.
 Follow parking lot to front door

From 35E heading South:

Take County Road 11 exit, turn right (North) onto Co Rd 11
 Follow Co Rd 11 to Highway 13 (stoplights), take a left on to 13
 Follow Hwy 13 to Nicollet Avenue
 Turn right on to Nicollet (heading north)
 Go through next stoplight, take the fourth right (Wood Lake Drive)
 Take first left into parking lot, then immediately left again.
 Follow parking lot to front door

From 77 heading South:

Take Hwy 13 South exit (first exit after bridge)
 Follow Hwy 13 to Nicollet Avenue
 Turn right on to Nicollet (heading north)
 Go through next stoplight, take the fourth right (Wood Lake Drive)
 Take first left into parking lot, then immediately left again.
 Follow parking lot to front door



We have limited space for out of town guests. Please e-mail Mike@midwestaikido.com or call 651.308.8673 to make arrangements.



Pre-registration Form:
Midwest Center for Movement Aikido Seminar
with Randy Bonifay Sensei
May 16-18th 2008

Questions?: 651.308.8673 or Mike@MidwestAikido.com

Name(s): _____

Address: _____

Phone: _____ E-mail: _____

Home Dojo: _____

Emergency Contact: _____ Phone: _____

I will be attending:	Seminar Fees:
Whole Weekend: <input type="checkbox"/>	Full Seminar (\$50 Before 5/2) Saturday Only: \$40 Sunday Only: \$35 Amount Enclosed: _____
Friday (free): <input type="checkbox"/>	
Saturday: <input type="checkbox"/>	
Sunday: <input type="checkbox"/>	
Dinner Saturday (to be collected at event) <input type="checkbox"/>	
Potluck Sunday <input type="checkbox"/>	

Please make checks payable to: "MCFM Aikido". Mail completed registration form and check to:
Midwest Center for Movement, 1830C Hanley Place, Hudson WI 54016

Waiver and Release of Liability:

You, as guest, parent, spouse, or guardian of minor, as applicable, agree that if you engage in any physical activity or use any facility in the Midwest Center For Movement Dojo premises and Enso Aikido Dojo, you do so at your own risk. This includes without limitation, your use of equipment, locker room, training room, parking area, or sidewalk and your participation in any activity, class, or instruction made available therein. You agree that you are voluntarily participating in these activities and using the equipment and facilities and assuming all risk of injury or your contraction of any illness or medical condition that might result therefrom or any damage, loss or theft of any personal property. You agree on behalf of yourself (and your personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the Midwest Center For Movement and Enso dojo, from any and all claims or courses of action arising out of our negligence. This waiver and release of all liability includes, without limitation, injuries that may occur as a result of a) your use of the facility or its improper maintenance b) any negligent instruction or supervision c) while slipping and/or falling while in the building or the surrounding premises.

You acknowledge that you have carefully read this Waiver and Release and fully understand that it is a release of all liability. In addition, you do hereby waive any right that you may have, by or on behalf of yourself, you spouse, or any child (minor or otherwise), to bring legal action or assert a claim for injury or loss of any kind against us for our negligence, or arising out of or relating to participation from you, your spouse or child in any activity, or use of any equipment, facilities, services, or development of illness, loss of property, or anything described herein.

Name (Printed): _____

Signature: _____ Date: _____
(Of Parent or Guardian, if under 18)