

# Aikido Seminar with Randy Bonifay Sensei

## September 22nd, 23rd, & 24th, 2006



*"The Art of Peace begins with you. Work on yourself and your appointed task in the Art of Peace. Everyone has a spirit that can be refined, a body that can be trained in some manner, a suitable path to follow. You are here to realize your inner divinity and manifest your innate enlightenment. Foster peace in your own life and then apply the Art to all that you encounter."*

- Morihei Ueshiba



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. Bonifay Sensei was a senior student when Sosa Sensei founded the International Aikido Association in 1995. He was promoted to Godan (5<sup>th</sup> 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.

### Seminar Schedule

Friday Sept. 22nd-MCFM Bukou Dojo, Hudson 6:30pm

Shodan Tests- No Fee

Saturday Sept. 23rd- MCFM Enso Dojo, Burnsville

1pm-5pm Aikido Seminar

Dinner at Stephano's to follow

Sunday Sept. 24th- MCFM Bukou Dojo, Hudson

1pm-4:30pm Aikido Seminar

**\$55 for whole weekend, \$35 for one day**



All Styles and Affiliations Welcome!

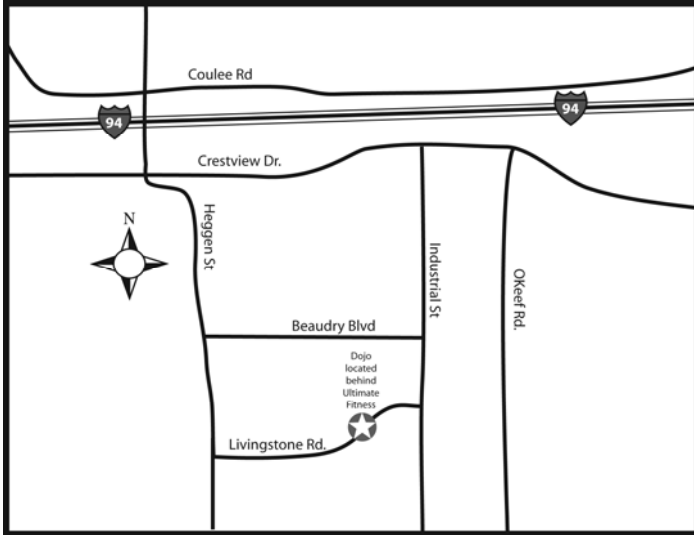
Please Bring Your Own Weapons.

Visit us at: [www.MidwestAikido.com](http://www.MidwestAikido.com)

e-mail: [mike@MidwestAikido.com](mailto:mike@MidwestAikido.com)

# Directions to Midwest Center For Movement Dojos

MCFM Hudson: 1616 Livingstone Road, Hudson WI 54016



From MN:  
 Take 94 East to Hudson, Exit 2 (Carmichael Road)  
 Take a right on Carmichael, turn right at next set of stop lights onto Crestview Drive.  
 Take a left on Industrial Street.  
 Take a right on Livingstone Road.  
 MCFM Dojo is located in the second building on the left around the corner of the building from Ultimate Fitness.

Mapquest directions can be found at:  
<http://www.midwestaikido.com/dnn/Default.aspx?tabid=33>

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

### From 35W heading South:

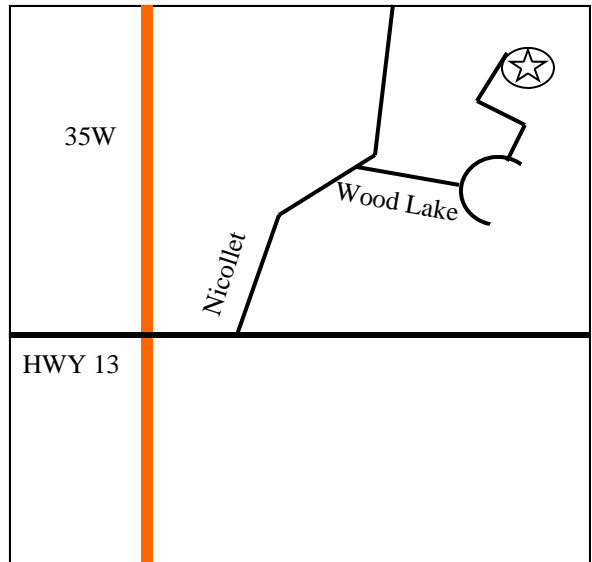
Take the Highway 13 North exit  
 Follow to the intersection with Nicollet Avenue  
 Turn left on to Nicollet (heading north)  
 Go through next stoplight, take the fourth right (Wood Lake Drive)  
 Take first left into parking lot, then immediately left again.  
 Follow parking lot to front door

### 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](mailto:Mike@midwestaikido.com) or call 651.308.8673 to make arrangements.