



New MAAF Hombu Opening 2009

# Sept. 24th-26th, 2010 Fall Aikido Seminar with Randy Bonifay Sensei



Friday Sept. 24th  
6:30pm Advanced Class  
Nikyu and above

Saturday Sept. 25th  
1-5pm in Hudson  
Dinner After at Agave Kitchen

Sunday Sept. 26th  
1-4:30pm in Hudson  
Potluck to follow @ Dojo



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 (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 22 year old son David.

All Styles and  
Affiliations are  
welcome!  
Please bring weapons if  
possible.

\$55 for whole  
weekend

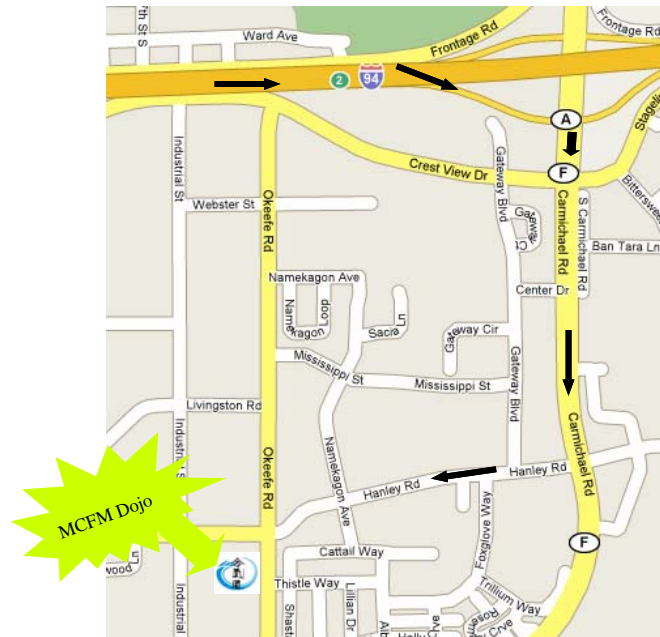
Sat. only: \$35  
Sun. only: \$35

Info: [mike@midwestaikido.com](mailto:mike@midwestaikido.com) • 715.377.1584 • [www.DoMartialArts.net](http://www.DoMartialArts.net)

Presented by: MCFM Aikido Bukou Dojo, Hudson WI • Enso Aikido Dojo, Burnsville MN • Ki Nagare Dojos, Wausau & Marshfield WI • Kyoshin Aikido Dojo, West St. Paul, MN • Komichi Aikido Dojo, Minneapolis MN

## Directions to Midwest Center For Movement Dojo

**MCFM Aikido Bukou Dojo: 1830C Hanley Place, Hudson WI 54016—651.308.8673**



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

We are a Google Maps Favorite Place.



Pre-registration Form:  
Midwest Center for Movement Aikido Seminar  
with Randy Bonifay Sensei  
April 24-26, 2010

Questions?: 651.308.8673 or [Mike@MidwestAikido.com](mailto: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"/>	Dinner Saturday <input type="checkbox"/> (to be collected at event)	Full Seminar (\$55)
<input type="checkbox"/>	Potluck Sunday <input type="checkbox"/>	Saturday Only: \$35
Saturday: <input type="checkbox"/>		Sunday Only: \$35
Sunday: <input type="checkbox"/>		Amount Enclosed: _____ <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, your 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)*