

Aikido Seminar with Randy Bonifay Sensei

April 29th & 30th, 2006

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 (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.



Seminar Schedule

**Saturday, April 29th– MCFM Enso Aikido Dojo in
Burnsville, MN:**

1pm-5pm Aikido Seminar (Dinner location TBA)

**Sunday, April 30th — MCFM Aikido Bukou Dojo in
Hudson, WI**

1pm-4:30pm Aikido Seminar

\$50 for the whole weekend, \$30 for one day.
Please bring your own Bokken, Jo, and Tanto



Aikido

Hudson, WI &

Burnsville, MN

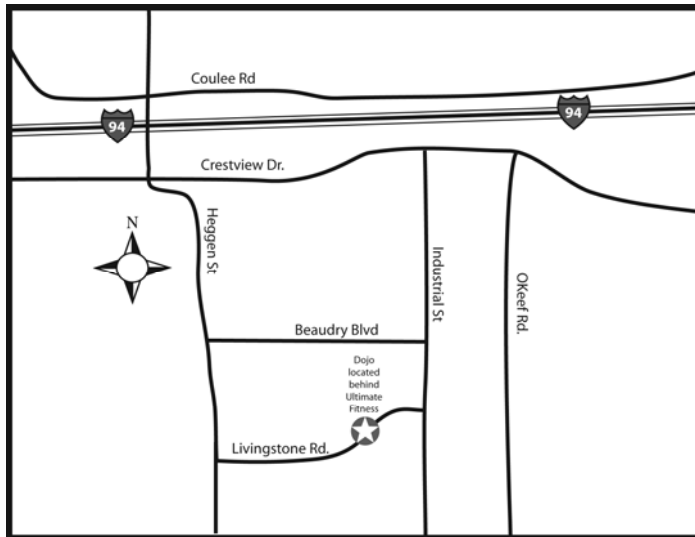
715.377.1584 or 651.308.8673

Visit us at: www.MidwestAikido.com

e-mail: 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:

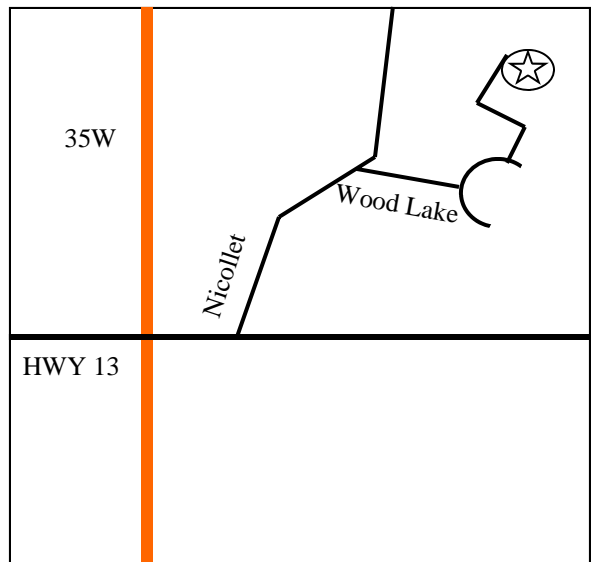
Take the Highway 13 North exit
 Follow to the intersection with Nicollet Avenue
 Turn left on to Nicollet (heading north)
 Go through next stoplight, take the fourth right (Wood Lake Drive)
 Take first left into parking lot, then immediately left again.
 Follow parking lot to front door

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 or call 651.308.8673 to make arrangements.