

# Pat Hendricks Shihan 7<sup>th</sup> Dan Aikikai

**At High Wycombe Judo Centre  
19<sup>th</sup> & 20<sup>th</sup> September 2026**



This year Hendricks Shihan will be celebrating her 52<sup>nd</sup> year in Aikido. Within two years of starting Aikido she had moved to Iwama, Japan to study under Morihiro Saito Shihan and returned over 25 times.

In total Hendricks Shihan spend six years living as Uchi Deshi in Iwama. Apart from his son and successor Hitohira Saito Sensei, she spent more time over more decades training with Morihiro Saito Shihan than any other student and was awarded Menkyo Kaiden in both Weapons and Tai Jutsu.

While remaining true to her Iwama lineage Pat Shihan has always supported Aikikai Foundation and Hombu Dojo. In 2013 she was awarded the rank of 7th Dan directly from Doshu Moriteru Ueshiba and was awarded Shihan in 2015.

## Timetable

Saturday 19 <sup>th</sup> September		Sunday 20 <sup>th</sup> September	
09.00 – 09.45	Registration	09.00 – 09.45	Registration
10.00 – 11.00	Tai Jutsu	10.00 – 11.15	Tai Jutsu
11.15 – 12.15	Weapons	11.30 – 12.45	Weapons
12.15 – 12.45	Dan Tests	13.45 – 14.45	Weapons
14.00 – 15.00	Special Keiko	15.00 – 16.00	Tai Jutsu
15.15 – 16.15	Weapons		
16.30 – 17.30	Tai Jutsu		

## Special Keiko

The Special Keiko is an optional class which costs £20 and will cover Kaeshi or countering techniques.

## **Dan Tests**

Dan tests are for California Aikido Association Dojos students and only with prior arrangement with Ray Gardiner Sensei and Pat Hendricks Shihan.

## **Saturday Evening BBQ**

There will be a BBQ served in the Judo Club Bar on Saturday evening at a cost of £20 per person. The menu will cater for vegetarians but will not cater for other special dietary requirements. Please advise by email if you require the vegetarian option.

In order that we can provide the Judo club with numbers it must be booked and paid for two weeks ahead of the event. We will not be able to cater for late bookings.

## **Accommodation in High Wycombe**

There are many hotels and guest houses in High Wycombe which are close to the Dojo and can be found on all the main search engines. The closest hotel to the Dojo is the Holiday Inn.

## **Sleeping at the Dojo**

The Judo club will allow participants of the seminar to sleep on the mat. Please bring a sleeping bag. There are plenty of crash mats which makes sleeping in the Dojo even more comfortable.

The cost is £30 per night and includes an egg, bacon or sausage sandwich plus tea & coffee for breakfast.

Please contact [Jackie@WycombeJudoCentre.co.uk](mailto:Jackie@WycombeJudoCentre.co.uk) to arrange to stay at the Dojo.

## **Travelling from Abroad**

The nearest airports are Heathrow and Luton. Busses and coaches run regularly from each airport to High Wycombe bus and coach stations. The Judo club is a short taxi journey from the bus and the coach station.

Three Rivers Aikido have some weapons which students travelling from abroad may borrow. Please notify us in advance and they will be allocated on a first come first served basis.

## **Please Note**

The seminar is open to everyone 18 and over provided they are insured and have registered.

Places on the seminar will be allocated on a first come first served basis.

**Seminar fees will only be refunded if the Seminar is cancelled by Three Rivers Aikido.**

Bring Ken & Jo for weapons classes

**No camcorders or cameras are allowed during sessions - spectators may not be present.**

## **Seminar Registration & Payment Options**

1. Book and pay online at [www.threeriversaikido.co.uk/seminars.html](http://www.threeriversaikido.co.uk/seminars.html)
2. Book and pay by cheque by completing and posting the booking form below.

## **Contact Information**

If you have any queries please contact Ray Gardiner Sensei

Telephone: +44 (0)7594 596828

Email: [info@threeriversaikido.co.uk](mailto:info@threeriversaikido.co.uk)

**Registration Form**  
**Pat Hendricks Shihan Seminar**  
**19<sup>th</sup> & 20<sup>th</sup> September 2026**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postal Code \_\_\_\_\_ Country: \_\_\_\_\_

Club: \_\_\_\_\_ Telephone no: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Email address: \_\_\_\_\_

Saturday & Sunday £120
Saturday (only) £65
Sunday (only) £65
Special Keiko (optional) £20
Saturday Evening Buffet £20

**Statement:**  
At the time of the seminar, starting 19<sup>th</sup> September 2026, I will be 18 years of age or older and hold current, valid insurance for training

**Signature:** \_\_\_\_\_

I enclose a cheque for the amount of £ \_\_\_\_\_

Send a cheque, made payable to "Three Rivers Aikido", to:

Ray Gardiner, 106 Winton Drive, Croxley Green, Rickmansworth, Herts, WD3 3QT, UK.