

Pat Hendricks Shihan

**At High Wycombe Judo Centre
11th to 13th July 2014**



This year Pat Sensei will be celebrating her 40th year in Aikido. Within two years of starting Aikido training she had moved to Iwama, Japan to study with Morihiro Saito Shihan and has returned to Iwama over 25 times of which 6 years were as Uchi Deshi.

Apart from his son and successor, Hitohira Saito Sensei, Pat Sensei 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. To this day she continues to support Hitohira Saito Sensei and her Iwama lineage.

The weekend will consist of a mix of Tai Jutsu and Bukki Waza Classes.

We are a very open group and all styles of Aikido and all levels of rank are very welcome.

Location:

High Wycombe Judo Centre
Barry Close
Cressex
High Wycombe
Bucks HP12 4UE
UK

Website: <http://www.wycombejudocentre.co.uk/>

Cost:

All Three Days	£ 95
Saturday & Sunday	£ 85
One Day	£ 45
Friday Evening Class	£ 10
Special Keiko (Optional Class)	£ 15

Timetable:

Friday 11th July

12.00 – 13.15 Registration
13.30 – 14.45 1st Class
15.00 – 16.15 2nd Class
19.30 – 20.45 3rd Class

Saturday 12th July

09.00 – 09.45 Registration
10.00 – 11.00 1st Class
11.15 – 12.15 2nd Class
12.15 – 12.45 Dan Tests
14.00 – 15.00 Special Keiko
15.15 – 16.30 3rd Class
16.45 – 18.00 4th Class

Sunday 13th July

09.00 – 09.45 Registration
10.00 – 11.15 1st Class
11.30 – 12.45 2nd Class
14.00 – 15.15 3rd Class
15.30 – 16.45 4th Class

Special Keiko

The Special Keiko is an optional class which will cover Kaeshi or countering techniques.

Saturday Evening BBQ

There will be a BBQ served in the Judo Club Bar on Saturday evening and costs £15 per head. The menu will cater for vegetarians but will not cater for other special dietary requirements.

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.

The Judo club will allow participants of the seminar to sleep on the mat. Please bring a sleeping bag.

The cost is £7.50 per night and includes an egg, bacon or sausage sandwich plus tea & coffee for breakfast. To book a place please email accounts@hwjc.co.uk, mark the subject line as Pat Hendricks UK Seminar and let them know how many nights are required.

Please Note:

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

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

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 by debit or credit card at 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

Telephone: +44 (0)7594 596828

Email: info@threeriversaikido.co.uk

Registration Form
Pat Hendricks Shihan Seminar
11th, 12th and 13th July 2014

Name: _____

Address: _____

Postal Code _____ Country: _____

Club: _____ Telephone no: _____ Date of birth: _____

Email address: _____

All Three Days (not including Special Keiko)	£95	<input type="checkbox"/>
Saturday & Sunday	£85	<input type="checkbox"/>
Friday Evening Class Only	£10	<input type="checkbox"/>
Saturday 12th (only)	£45	<input type="checkbox"/>
Sunday 13th (only)	£45	<input type="checkbox"/>
Special Keiko (optional)	£15	<input type="checkbox"/>
Saturday Evening Buffet	£15	<input type="checkbox"/>

Statement:

"At the time of the seminar, starting 11th July 2014, 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.