

AIKIDO TENDOKAI
www.aikidotendokai.com

JCCC AIKIKAI
www.jccaikikai.ca

present the

Ontario Aikido Federation **ANNUAL SEMINAR**

featuring


KAWAHARA
SHIHAN

Technical Director of the Canadian Aikido Federation

location

**JAPANESE CANADIAN
CULTURAL CENTRE
OCTOBER 17th & 18th, 2009**

FEES					TENTATIVE SCHEDULE			
ATTENDING	AT THE DOOR		PRE-REGISTERED		SAT. OCT. 17TH		SUN. OCT. 18TH	
	ADULT	YOUTH	ADULT	YOUTH				
One Day (Saturday)	\$70	\$40	\$60	\$35	9:30–10:00	Registration	9:30–10:00	Registration
One Day (Sunday)	\$60	\$35	\$50	\$30	10:00–11:00	Class	10:00–11:30	Class
Two Days	\$90	\$50	\$80	\$45	11:15–12:15	Class	11:45–1:15	Class
PLEASE NOTE: Youth students are from 12 to 16 years old. Children under 12 may practice at no charge, on Sunday only. Please note preregistration discount. Preregistrations must be made by October 2, 2009.					12:15–2:00	Lunch		
					2:00–3:00	Weapons*	* Please bring your weapons	
					3:10–4:10	Class	** 1st kyu and up	
					4:15–6:00	Tests**	*** The dinner will be held Saturday evening – time and location to be announced.	
					TBA Dinner***			

Accommodations: For hotels and home-stay information please contact Yumi Nakamura, ynakamura@rogers.com.

Please note: The Annual General Meeting of the Ontario Aikido Federation is scheduled to be held during the seminar.

PREPAYMENT FORM (use one form per registration)

Seminar with Kawahara-Sensei, sponsored by Aikido Tendokai and the Japanese Canadian Cultural Centre Aikikai, to be held at the J.C.C.C. dojo, 6 Garamond Court, Don Mills, October 17-18, 2009. **The deadline for prepayment is October 2.** Please return this form, the waiver and your cheque (Cheques should be made payable to **Aikido Tendokai**) to:

Aikido Tendokai c/o Yumi Nakamura 28 Unity Rd., Toronto, ON, M4J 5A4

Family Name: _____ Given Name: _____ () M () F

Address: _____

City: _____ Province: _____

Postal code: _____ Phone: _____

Email Address: _____

Dojo: _____

Rank: _____ Sensei: _____

PRE-REGISTRATIONS ARE DUE BY OCTOBER 2, 2009

FEES: CHECK ONE BOX	PRE-REGISTERED	
	ADULT	YOUTH
One Day (Saturday)	<input type="checkbox"/> \$60	<input type="checkbox"/> \$35
One Day (Sunday)	<input type="checkbox"/> \$50	<input type="checkbox"/> \$30
Two Days	<input type="checkbox"/> \$80	<input type="checkbox"/> \$45

You may detach the map below for your reference.

J.C.C.C. Aikikai
6 Garamond Court
Don Mills, ON.

For directions please call
(416) 441-2345
or visit
www.jccc.on.ca/contact/contact.htm
For seminar information, call
(416) 465-2823
or e-mail
aikido@rogers.com

2009 OAF Seminar sponsored by
Aikido Tendokai and J.C.C.C. Aikikai

WAIVER & RELEASE OF LIABILITY

By signing this form you give up important legal rights.
Please read carefully!

This is a binding legal agreement. As a Participant in the programs, activities and events of the 2009 OAF Seminar sponsored by Aikido Tendokai and J.C.C.C. Aikikai, the undersigned acknowledges and agrees to the following terms.

Disclaimer

The 2009 OAF Seminar, Aikido Tendokai, J.C.C.C. Aikikai and/or the Ontario Aikido Federation, their directors, officers, members, employees, independent contractors, instructors, coaches, volunteers, officials, participants, clubs, agents, sponsors, funding partners, owners/operators of the facility, and representatives (the "Organization") are not responsible for any injury, damage or loss of any kind suffered by a Participant during, or as a result of, any program, activity or event, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

Description of Risks

In consideration of my participation in such programs, activities and events, I hereby acknowledge that I am aware of the risks and hazards associated with or related to the sport of Aikido and that they may result in personal injury, death, property damage, expense and related loss to me. I understand that Aikido training is practiced without protective clothing or equipment and involves many inherent physical risks. These include, but are not limited to, injuries resulting from:

- Ongoing physical contact with the instructor and other students;
- Striking objects with parts of the body;
- Executing strenuous and demanding physical techniques;
- Collisions with the wall, floor, other students and instructors;
- Extreme changes in temperature;
- Tumbling, falling or being thrown to the floor;
- Strenuous cardiovascular workouts;
- Exerting and stretching various muscle groups;
- Executing self-defence escapes and techniques;
- Dehydration;
- Travel to and from competitive events and associated non-competitive events which are an integral part of the organization's activities.

Initials: _____

Furthermore, I am aware:

- That injuries sustained in Aikido can be severe;
- That I may come into close contact with other participants, including the possibility of accidental and unexpected touching;
- That I may experience anxiety while challenging myself during the activities;
- That my risk of injury is reduced if I follow all rules adopted during training and competition; and
- That my risk of injury increases as I become fatigued.

Release of Liability

In consideration of the Organization allowing me to participate, I agree:

- a) To assume all risks arising out of, associated with or related to my participation;
- b) To be solely responsible for any injury, loss or damage that I might sustain while participating; and
- c) To release the Organization from liability for any and all claims, demands, actions and costs that might arise out of my participating, even though such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by the negligence of the Organization.

Acknowledgement

I acknowledge that I am physically fit to proceed with this type of vigorous training, that I have read this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, executors, administrators and representatives.

Name of Participant (Please print)

Signature of Participant (or Guardian if under 18)

Date