

Mustard Shihan

Saturday 2nd and Sunday 3rd February 2013
Cataraqui Community Centre, Kingston, Ontario



Kingston Jiu Jitsu is pleased to present a weekend seminar with R. Mustard, 7th Dan, *Yoshinkan Aikido*.

Mustard *Shihan* is an internationally renowned aikido instructor who conducts regular seminars in many countries. He spent many years training daily at the *Yoshinkan* headquarters in Japan and is regarded by many as one of the best exponents of *Yoshinkan Aikido* in the world.

Mustard *Shihan's* knowledge and understanding will enrich everyone's understanding of the principles behind *jiu jitsu* and *aikido* techniques. This seminar is open to all practitioners of *jiu jitsu* and *aikido*.

Training Schedule

Saturday 2nd February 2013:

11.30am to 1.00pm, 1.45pm to 3.15pm and 3.30pm to 5.00pm

Sunday 3rd February 2013:

11.30am to 1.00pm and 1.45pm to 3.15pm

(Please be on the mats at 11am both days to allow time for warm-up.)



Cost for the weekend seminar (all 5 clinics) is \$125 if pre-registered by 19th January.
(Saturday only \$90; Sunday only \$70 ~ After 19th January all prices increase \$25)
Spaces are limited and the seminar will be filled on a first come, first served basis.

For further information and to register, email andydobie@cogeco.ca

