

Mustard Shihan

Sunday 31st January 2016

1.00pm to 5.30pm

Cataraqui Community Centre, 1030 Sunnyside Rd, Kingston, Ontario



Jitsu Canada is pleased to present an afternoon seminar with Robert Mustard, 8th *Dan*, *Yoshinkan Aikido*.

Mustard sensei is an internationally renowned aikido instructor who conducts regular seminars in many countries. He spent ten 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 sensei has over 35 years of aikido experience, including a significant period of study under the founder of *Yoshinkan Aikido*. He is mentioned many times in the book “Angry White Pyjamas” by Robert Twigger. In 2011 he was awarded the title of *shihan* (master teacher) and in 2015 was promoted to the rank of 8th dan. In 2015 Mustard sensei received a special service award from the *Yoshinkan Honbu dojo* recognizing his lifelong commitment to aikido.

Mustard sensei’s knowledge and understanding will enrich everyone's understanding of the principles behind *jiu jitsu* and *aikido* techniques. This seminar is open to all martial arts practitioners with basic break-falling skills.

Please arrive at the dojo at 12.30pm to allow time to change and warm up. Training will run from 1.00pm to 5.30pm, with a short refreshment break part way through. Please bring any refreshments you may require for the break.



Seminar fee \$60 with advance online purchase

www.jitsucanada.com/store.php

Advance purchase available until Friday 22nd January
(At the door seminar fee \$80)

