



Yanagi Aikido / Aikido of Norwalk

Second Annual

# Aikidopalooza

**Friday January 19 - Sunday January 21nd, 2007**

- Featuring 10 Instructors -

(in alphabetical order)

Robert Caron Sensei, Zenshinkan Dojo

Jay Carvalho Sensei, Mushin Aikido

Mark Dorfmann Sensei, Banshinkan Dojo

Ray Farinato Sensei, Aikido of Fairfield County

Douglas Firestone Sensei, Aikido of Westchester

Sean Flynn Sensei, Vassar College Aikido Club

Frank Gallo Sensei, Shoshinkan Dojo

Corey Guilbault Sensei, Yanagi Aikido

Earl Layumas Sensei, Midhudson Aikido

Glen Matsuda Sensei, Shishinkan Dojo

## Nine Instructors. Three Days. One Very Exciting Event.

Yanagi Aikido's second annual AikidoPalooza brings together ten teachers in our region to share their insights into Aikido. This will be a great opportunity to gain exposure to many different perspectives, ideas and techniques while sharing practice with old friends and meeting new ones.

### A Different Seminar Format.

We will hold ten 80-minute sessions over the weekend, with a ten minute break between each. There will be a single half-hour warm up at the beginning of each day's classes so that your 80-minute Aikido sessions will be pure Aikido without warm-ups. If you come late, you'll have to warm-up on your own! Throughout the weekend we will have an "open mat" policy where students step on and off the mat freely. It is the responsibility of each student to decide how much they can participate. You are free to step on/off mid-session to rest as necessary. We will have Power Bars, Gu, Gatorade, water, etc. to keep everyone fueled.

### Group Dinner on Saturday Night.



On Saturday night we'll be holding a group dinner at the nearby BrewHouse in Norwalk. With enough people, we can have the whole top floor to ourselves which would make for a very enjoyable evening. We hope you will plan to join us. [www.sonobrewhouse.com](http://www.sonobrewhouse.com). PLEASE REGISTER FOR THE DINNER ON THE ENROLLMENT FORM TO HELP US MAKE RESERVATIONS! YOU DO NOT NEED TO PAY FOR DINNER NOW.

### AikidoPalooza on DVD.



With ten instructors there's going to be a lot of information at this seminar. So we'll be taping the whole thing. This will be a specially edited, made-for-instructional-purposes video that allows you to bring back ten teachers worth of instruction to tinker with at your dojo. Last year's disc was very popular so ask someone who attended what they thought of it. This will be a 2-hour, 2-disc set costing \$30. YOU CAN ORDER A COPY IN ADVANCE ON THE ENROLLMENT FORM.

### A Few Words About Our Dojo.

Probably the most important thing to know about our dojo is that we have ONE bathroom. Yes, one. So you might want to take advantage of the restrooms in your hotel rooms, etc. lest you be caught in a line.



Also, the door to the dojo (which has a small, discreet sign on it) is not easy to spot, especially at night. So be sure to use the map in this flier to help you find us (there's a picture of the door on the map too!).

## Inclimate Weather Policy.



Inclimate weather?!?! We say there's no such thing! This seminar is happening rain, snow, sleet or volcano. If the weather is nasty, just be careful driving.

## Parking



Commerce Street itself has no parking, per se, and you will be towed for sure if you try. Instead, park around the corner on Isaac's Street. It's all of 25¢/hour and the lot is pretty big. See the dojo map for directions to the parking lot.

## Advanced Registration is Really Appreciated.

Help us plan - register early. The form is right in this flier (we even take credit cards!) and it makes administrative tasks much easier. We're not going to bribe you, or turn you away at the door if you don't... we're just asking nicely. Thanks.

## Hotels & Accommodations



There are many hotels in Norwalk. Below are some that seemed to have more reasonable rates. Web addresses have been included, though some lead to a homepage where you'll have to search under 'Norwalk, CT'.

### **Norwalk Inn**

99 East Avenue  
Norwalk, CT, 06851  
800-303-0808  
[www.norwalkinn.com](http://www.norwalkinn.com)  
(closest to the dojo)

### **Clarion/DoubleTree**

789 Connecticut Ave.  
Norwalk, CT, 06854  
203-853-3477  
[www.doubletree.com](http://www.doubletree.com)

### **Sheraton Four Points**

426 Main Ave.  
Norwalk, CT, 06851  
203-849-9828  
[www.starwood.com](http://www.starwood.com)

### **Homestead Village**

400 Main Ave.  
Norwalk, CT, 06851  
800-303-0808

## Seminar Schedule.

The class schedule for the weekend is below. This is subject to change, of course, but we'll try not to do that.

## Lunch.

Though we've only scheduled an hour for lunch, there are plenty of places in walking distance of the dojo. We will provide a 'cheat sheet' of nearby lunch spots for Saturday..

### Friday

6:00-6:30pm - Group Warm-up

6:30-7:50pm - Mark Dorfman, Aikido of Broomall, "Henka Waza and Jo Nage"

8:00-9:20pm - Earl Layumas, Mid-Hudson Aikido, "Defenses against kicks"

9:00pm + Beverages at nearby watering hole.

### Saturday

9:30-10am - Group warm-up

10:00am-11:20am - Corey Guilbault, Aikido of Norwalk, "Using kihon waza to develop the Center"

11:30am-12:50pm - Douglas Firestone, Aikido of Westchester, topic TBD

1:00pm - 2:00pm - Lunch

2:00pm - 2:30pm - Group warm-up

2:30pm - 3:50pm - Sean Flynn, Vassar College Aikido Club, "Introduction to Tomiki Aikido"

4:00pm - 5:20pm - Bob Caron, Zenshinkan Dojo, Worcester, MA, "Generating Power In Technique"

5:30pm - 6:50pm - Ray Farinato, Aikido of Fairfield County, "Developing Unified Intent Through Aikido"

7:30pm + Group Dinner at the BrewHouse in Norwalk  
(PLEASE RSVP ON ENROLLMENT FORM)

### Sunday

9:30-10am - Group Warm up

10:00am - 11:20am - Glen Matsuda, Aikido of Rockland County, "Hanmi Handachi"

11:30am - 12:50pm - Frank Gallo, Rhode Island Aikido, "Oyo Waza"

1:00pm - 2:20pm - Jay Carvalho, Mushin Aikido, RI, "Iwama Weapons and Their Relation to Open-Hand"

2:30pm + Go Home Tired & Happy

# Second Annual AikidoPalooza Seminar, Jan 19-21, 2007

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

## In Case of Emergency Please Contact

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone \_\_\_\_\_

Seminar Attendance (please check one)

Full Seminar \$75     Friday Only \$30     Saturday Only \$60     Sunday Only \$40

Extras (check any that apply)

AikidoPalooza DVD \$30     Reserve A Place At The Group Dinner (\$ to be collected at dinner)

## Payment Information

Check or  Cash      Check #: \_\_\_\_\_ Received By: \_\_\_\_\_

Credit Card (check one):     Visa     MasterCard     American Express

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_ CVV2 \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Billing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Buyer Signature \_\_\_\_\_ Printed Name \_\_\_\_\_ Date \_\_\_\_\_

## WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, CONSENT AND INDEMNITY AGREEMENT

In consideration of me or the minor child named above (the "Minor") being permitted to participate in any activity organized, administered or sponsored by Yanagi Aikido LLC (each, an "Activity" and, collectively, "Activities"), I agree, on my own behalf, or, if appropriate, as parent or guardian of the Minor, on behalf of the Minor as follows: 1. I understand that dangers exist with respect to each Activity due to many factors, including without limitation my own or the Minor's actions or inactions, the actions or inactions of others participating in such Activity, and the facility or other prevalent conditions. I also understand the nature of the Activities, and acknowledge my or the Minor's experience and capabilities, and represent and warrant that I or the Minor is qualified and physically able to fully participate in such Activities. If, at any time, I believe that the conditions surrounding any Activity, including the actions of others, are unsafe to me, I will immediately discontinue further participation in such Activity. 2. I fully understand that: (a) each Activity involves physical and other risks and dangers, including without limitation those of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks may result from a number of factors, including without limitation my or the Minor's own actions or inactions, the actions or inactions of others participating in such Activity, the facility or other prevalent conditions, or the negligence of one or more "Releasees," as defined below; and (c) I fully accept and assume all of such Risks and all responsibility for any losses, costs, expenses, liabilities and damages incurred as a result of or in connection with my or the Minor's participation in such Activity. 3. I hereby release, discharge, covenant not to sue and agree to hold harmless Yanagi Aikido LLC and its administrators, directors, agents, officers, volunteers, employees and members, all other participants in, or sponsors of any Activity, and all owners, operators, lessors and service providers of or for the premises in or on which any Activity takes place (each, a "Releasee," and collectively the "Releasees") of, from and against any and all claims, actions, demands, losses, costs, expenses, liabilities or damages resulting or arising from, or incurred in connection with, any Activity (each, a "Claim"), including without limitation any Claim caused, resulting or arising from, or alleged to be caused, resulting or arising from, in whole or in part, the negligence of any Releasee. I further agree that if, despite this release, I, the undersigned parent or guardian, the Minor or anyone on my, his, her or their behalf makes a Claim against any Releasee, I will indemnify, save and hold harmless such Releasee of, from and against any loss, cost, expense, damage or liability that such Releasee may incur as a result of, arising from or in connection with such claim, including without limitation any attorneys' fees, or other costs or expenses of litigation. 4. I have read this agreement, fully understand its terms and understand that I have given up substantial rights by signing it. I have signed this agreement freely and without any inducement or assurance of any nature, and intend it to be a complete and unconditional release of all claims and liability to the greatest extent allowed by law, and agree that if any term or condition herein is held to be invalid or unenforceable for any reason, that all other terms and conditions hereof shall continue in full force and effect. I certify by my signature that I have read and understand this agreement in its entirety and all of my questions regarding it have been fully answered. I understand that Yanagi Aikido LLC records and/or documents activities and events involving classes and instruction. I agree or the Minor and the undersigned parent or guardian each agree that Yanagi Aikido LLC may use any recording or other documentation, including, but not limited to, video tapes, photographs, or films, in which my or the Minor's image or likeness appears for the promotion of Aikido and/or Yanagi Aikido LLC. I understand and acknowledge that Yanagi Aikido LLC shall be the sole owner of such recordings or other documentation.

Signature \_\_\_\_\_ Printed Name \_\_\_\_\_ Date \_\_\_\_\_

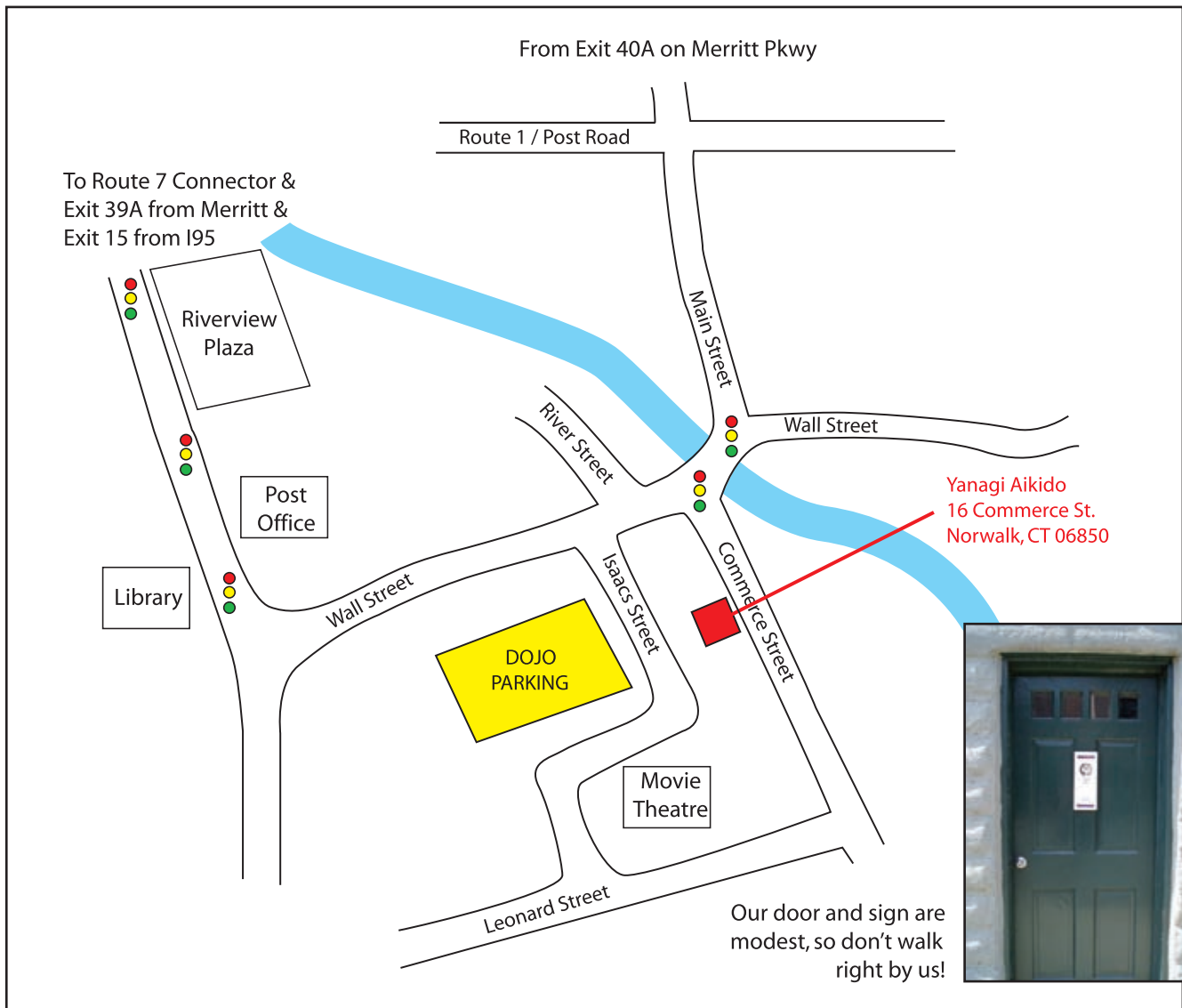
Parent Signature \_\_\_\_\_ Printed Name \_\_\_\_\_ Date \_\_\_\_\_

Please mail to: Yanagi Aikido, c/o Corey Guilbault, 215 West Rocks Road, Norwalk, CT 06851



# Directions To Yanagi Aikido Dojo

www.aikidonorwalk.com info@aikidonorwalk.com 203-216-4877



**From Route 95 North or South:** Take Exit 15 ('Route 7 Connector'). Merge onto Route 7 heading North. Take Exit 1. At the light go right. At the next light go right. Pass straight through the next light. Take a Left on Wall Street at the following light. Turn Right at the next light onto Isaacs Street to Park or continue one more light and turn Right onto commerce Street to drop off in front of the dojo.

**From Route 15/Merritt Parkway heading North:** Take Exit 39A onto the Route 7 Connector heading South. Take Exit 1 off of Route 7. Bear right and come to a stop sign. Merge and turn Right at the light. Pass under the highway and go straight through the next light. At the next light go right. Pass straight through a traffic light. Take a Left on Wall Street at the following light. Turn Right at the next light onto Isaacs Street to Park or continue to the next light and turn Right onto commerce Street to drop off in front of the dojo.

**From Route 15/Merritt Parkway heading South:** Take Exit 40A. Merge onto Main Avenue heading south. Go through NINE traffic lights, staying on Main Street until you can go no further (about 1.8 miles). Turn right onto Wall Street. At the first light turn Left onto Commerce Street to drop off in front of the dojo or continue to the second light and turn Left onto Isaacs Street to park.