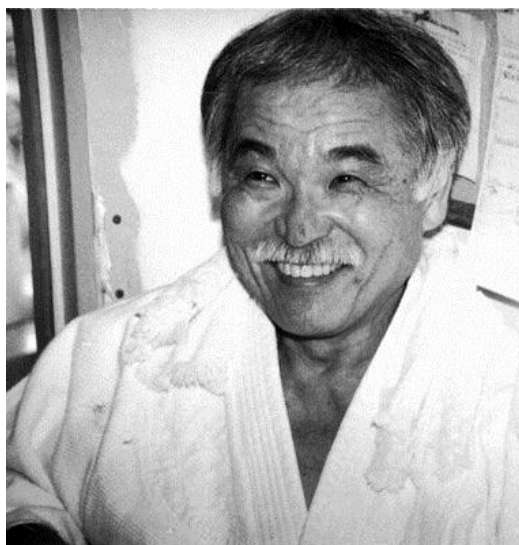


# SEMINAR

December 7<sup>th</sup> and 8<sup>th</sup>, 2013

## CAPITAL AIKIKAI, SYRACUSE, NY

Featuring



## CLYDE TAKEGUCHI, 7<sup>th</sup> Dan, Shihan

Clyde Takeguchi Shihan is the founder and director of *Capital Aikido Federation* dedicated to the preservation and growth of Aikido.

### Registration:

Saturday 12/7/13 10 a.m.

Sunday 12/8/13 9 a.m.

### Cost:

\$50 Saturday *only*

\$40 Sunday *only*

\$65 *Both Days*

### Saturday Class

11:00 a.m. - 1:00 p.m.

Lunch Break 1:00 - 2:15

2:30 p.m. - 5:00 p.m.

### Sunday Class

10:00 a.m. - 1:00 p.m.

*Capital Aikikai, Syracuse NY*  
*5869 Fisher Road, Building 3, Suite, C, East Syracuse, New York 13057*  
*Chief Instructor: Bob Poresky (315) 559-5061*

## ***Directions to Dojo***

### ***Route 90 Thruway -- coming from Buffalo/ Rochester***

*Exit 39 to 690 East*

*Exit Bridge Street / East Syracuse – left off of ramp toward East Syracuse for 1.6 miles – Turn right onto Fisher Road (Mobile/Byrne Dairy on corner) for .2 miles -- Turn into driveway at the third building (Brown) on left (5869) – Dojo is the third building, third door.*

### ***Route 90 Thruway -- coming from Albany***

*Exit 34A to 481 South*

*Exit 690 West*

*Exit Bridge Street / East Syracuse – left off of ramp toward East Syracuse for 1.6 miles – Turn right onto Fisher Road (Mobile/Byrne Dairy on corner) for .2 miles -- Turn into driveway at the third building (Brown) on left (5869) – Dojo is third building, third door.*

### ***Route 81 – traveling north – coming from Binghamton / Cortland***

*Exit 481 North (Jamesville/Dewitt)*

*Exit 690 West (left lane)*

*Exit Bridge Street / East Syracuse – left off of ramp toward East Syracuse for 1.6 miles – Turn right onto Fisher Road (Mobile/Byrne Dairy on corner) for .2 miles -- Turn into driveway at the third building (Brown) on left (5869) – Dojo is the third building, third door.*

### ***Route 81 – traveling South – coming from Syracuse Airport***

*Exit 690 East*

*Exit Bridge Street / East Syracuse – left off of ramp toward East Syracuse for 1.6 miles – Turn right onto Fisher Road (Mobile/Byrne Dairy on corner) for .2 miles -- Turn into driveway at the third building (Brown) on left (5869) – Dojo is the third building, third door.*