

CADL is pleased to welcome back George Hewson Shihan, Canadian Aikido Federation.

Topic: Looking beneath the surface of the Techniques.

The seminar will be geared to all levels of Aikido experience and will look at the development of our practice as we progress through the ranks.

Seminar Date: January 11 and 12, 2019

Location: Calgary Aikido for Daily Life dojo,
335 Mt. Victoria Place S.E.
(Parking available on Mountain Park Drive)

Class Schedule:

Adults: Friday 730-900PM

Saturday 1030-1230 and 1315-1515.

Cost: \$100 for entire seminar, \$40 per session.

Class size is limited to 10 students. Register early to reserve your spot by calling Gordon 403-650-0832. Join us for what will be a most intriguing training opportunity.

About George Hewson Sensei:

- Hewson Sensei began practicing Aikido at the JCCC in 1975 under Osamu Obata Sensei. He received his Shodan in 1980 while training at the Aikikai Hombu Dojo.
- Hewson Sensei has served for over thirty years on the boards of the Ontario

and Canadian Aikido Federations. He is currently Past-President of the CAF and a member of the CAF Examination Committee.

- For Hewson Sensei, Aikido practice begins with the physical and martial aspects, and then moves to the spiritual dimension. Aikido should be manifested in daily life in a manner that is powerful but controlled.