



North Florida School of Aikido
(North Florida Aikikai)

is proud to present
A Weapons Seminar
with
Melissa Bell Sensei

Weapon, No Weapon: Same, Same

Melissa Bell Sensei began her training in 1992 at the Aikido Shobukan Dojo in Washington D.C. under Shihan Mitsugi Saotome.

Bell Sensei presently holds the rank of 6th Dan (ASU) and has received all her ranks directly from Saotome Sensei. In addition, she has received the honor of the Ueshiba Juku designation from Saotome Sensei. This signifies she is a carrier of the teachings of O Sensei as transmitted through Saotome Sensei.

Bell Sensei is the chief instructor at the Sarasota Aikikai in Sarasota, Florida and is chair of the Instructional Committee for ASU. She continues her own training at the ASU Intensive Training Camps and at other national seminars under Saotome Sensei, Ikeda Sensei, and Mary Heiny Sensei, along with other senior ASU instructors.



This seminar is limited to 30 participants. Please contact North Florida School of Aikido at info@northfloridaaikido.org if you would like to participate in this seminar.

Dates: June 5-7, 2026 **Cost:** \$100

Class Times: Friday 6:30pm – 8:30pm, Saturday 10:00am – 12:00pm
and 2:30pm – 5:00 pm, Sunday 10:00am – 12:00pm

Location

North Florida School of Aikido
1535-1 Capital Circle NW
Tallahassee, FL 32303

For information

Call Richard Moore
(850) 528-7666 or Email
info@northfloridaaikido.org



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