



North Florida School of Aikido (North Florida Aikikai)

is proud to present

A Seminar

with

John Messores Sensei ASU Shihan

Messores Sensei is one of the most senior instructors in ASU and one of the original students in the United States of Mitsugi Saotome Shihan, master instructor of Aikido and direct student of Morihei Ueshiba O Sensei. Messores Sensei has taught seminars throughout the United States and internationally. His dynamic movement and application of aiki principles create a powerful and effective form of Aikido.



The seminar is recommended for Aikido students interested in understanding aiki principles in a dynamic manner through the application of Aikido techniques as originally taught by Saotome Shihan.

Dates: August 2-4, 2023 **Cost:** \$125

Class Times: Friday 6:30 pm – 8:30 pm, Saturday 10:00am – 12:00pm
and 2:30pm – 4:30pm, Sunday 10:00am – 12:00pm

Location

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

For information

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