AIKIDO SCHOOLS OF UESHIBA and NORTH FLORIDA SCHOOL OF AIKIDO

invite you to a special seminar

November 21st-23rd, 2025

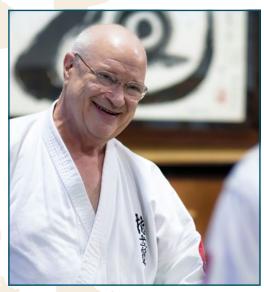
taught by

John Messores Shihan

SEVENTH DAN







Ai Ki – Blending Spirits

"What Aikido? Ai Body? No! Ai Spirit! Blending Spirits!"





HOSTED BY North Florida School of Aikido
(North Florida Aikikai)

Cost: \$200 for all or part of seminar • Preregistration Required

Visit www.northfloridaaikido.org for full details and registration.

1535 Capital Circle NW ◆ Tallahassee, Florida 32303 ◆ info@northfloridaaikido.org

CALLIGRAPHY "SHINKI" BY MITSUGI SAOTOME SENS

