

BRINGING SAOTOME SENSEI'S LEGACY FORWARD

AIKIDO SCHOOLS OF UESHIBA and NORTH FLORIDA SCHOOL OF AIKIDO
invite you to a special seminar

November 21st–23rd, 2025

taught by

John Messoros Shihan
SEVENTH DAN



George Ledyard Shihan
SEVENTH DAN



Ai Ki — Blending Spirits

“What Aikido? Ai Body? No! Ai Spirit! Blending Spirits!”

—MITSUGI SAOTOME SHIHAN



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



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CALLIGRAPHY “SHINKI” BY MITSUGI SAOTOME SENSEI



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