



North Florida School of Aikido (North Florida Aikikai)

is proud to present

A Seminar

with

William Gleason Shihan

William Gleason Shihan is one of the most senior instructors in ASU. Gleason Shihan teaches worldwide and is known for his expertise in internal strength and Aiki principles.



This seminar is limited to 35 participants. Advance registration is required. The seminar is recommended for Aikido students interested in understanding the principles of internal movement and Aiki principles.

Dates: September 16-18, 2022 **Cost:** \$125

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

Location

North Florida School of Aikido
(North Florida Aikikai)
1535-2 Capital Circle NW
Tallahassee, FL 32303

For information

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