



# North Florida School of Aikido

is proud to present

## A Weapons Seminar

with

## Melissa Bell Sensei

Melissa Bell Sensei (5<sup>th</sup> dan) is the head Aikido instructor at the Sarasota Budokan Dojo in Sarasota, Florida. She started her training in 1992 as a direct student of Mitsugi Saotome Shihan (ASU) in Washington D.C. She is widely known for her work in the ASU weapons katas and techniques.



**This seminar is limited to 30 participants. Please contact North Florida School of Aikido at [info@northfloridaaikido.org](mailto:info@northfloridaaikido.org) if you would like to participate in this seminar.**

**Dates:** June 7-9, 2024    **Cost:** \$95

**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](mailto:info@northfloridaaikido.org)



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