



# 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:** September 15-17, 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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