



CADL is pleased to host an Aikido Seminar with George Hewson **Shihan, 6<sup>th</sup> Dan** of Aikido Seishinkai.

**Topic: Practise Today, so you can Practise Tomorrow.**

**Seminar Date: September 22 and 23, 2017**

**Location: Calgary Aikido For Daily Life dojo,  
335 Mt. Victoria Place S.E.  
(Parking available on Mountain Park Drive)**

**Class Schedule:**

**Adults: Friday 730-900PM**

**Saturday 1030-1230 and 1400-1600.**

**Cost: \$100 for entire seminar, \$40 per session.**

**The seminar will be geared to all levels of Aikido experience and rank and will look at how to practice which does not leave us sore and aching the next day.**

**Class size is limited to 10 students.** Register early to reserve your spot by calling Gordon 403-650-0832. Join us for what will be a most intriguing training opportunity.

## **About George Hewson Sensei:**

- Hewson Sensei began practicing Aikido at the JCCC in 1975 under Osamu Obata Sensei. He received his Shodan in 1980 while training at the Aikikai Hombu Dojo.

- Hewson Sensei has served for over thirty years on the boards of the Ontario and Canadian Aikido Federations. He is currently Past-President of the CAF and a member of the CAF Examination Committee.
  
- For Hewson Sensei, Aikido practice begins with the physical and martial aspects, and then moves to the spiritual dimension. Aikido should be manifested in daily life in a manner that is powerful but controlled.