



AIKIDO OF VIRGINIA BEACH

5998 Providence Road
Virginia Beach, Va. 23464

GRAND OPENING SEMINAR

October 1st - 3rd 2010

Glen Phillips (Founder of AOVB)

Yvonne Thelwell 4th dan

Jim Sullivan 3rd dan

Scott Tomlin 3rd dan



\$80 for ALL three days
\$50 Daily Rate / \$25 for the Kids Class

Schedule:

Friday Kieko:

6:00-7:15 pm Glen Sensei
7:15-8:30 pm Jim Sensei
8:30-? Potluck Party

Saturday Kieko:

9:00-10:00 am Yvonne Sensei (**Kids**)
10:00-11:00 am Jim Sensei
11:00-12:00 pm Scott Sensei
12:00-2:00 pm Lunch
2:00-3:00 pm Yvonne Sensei
3:00-4:00 pm Jim Sensei

Sunday Kieko:

10:00-11:00 am Yvonne Sensei
11:00am-12:00 pm Jim Sensei
12:00-1:00 pm Glen Sensei

For more information please contact us at:

aikidovb@gmail.com (757) 472-3253

www.aikido-of-virginia-beach.com

Bring Jo and Bokken