



# AUTUMN SEMINAR

## Foundational Techniques



Paul Keelan-Sensei, 6th Dan, Shidoi  
Saturday, December 6th, 2008  
All Experience Levels Welcome!

### Seminar Schedule:

12:00-12:30 Registration

12:30-1:30 Class: Keelan-Sensei, Variations on basic techniques

1:45-2:45 Class: Hall-Sensei, Head Instructor for Harvard Aikikai

\*\* No experience necessary for this session! \*\*

3:00-4:00 Class: Harvard Aikikai Assistant Instructors

### Seminar Fees:

\$10 (1 Class), \$20 (3 Classes)

All classes will be held at the Quadrangle Recreation and  
Athletics Center (QRAC) at Harvard University

FOR MORE INFORMATION, VISIT

[WWW.HARVARDAIKIKAI.COM](http://WWW.HARVARDAIKIKAI.COM)