



April 29 - May 1 Spring Aikido Seminar with Randy Bonifay Sensei



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Presented by

the Wisconsin and Minnesota dojos of
the Mid-America Aikido Federation:

Enso Aikido Dojo, Burnsville, MN

Kyoshin Aikido Dojo, West St. Paul MN

Ki Nagare Dojos, Wausau and Marshfield WI

Komichi Aikido Dojo, Minneapolis MN

MCFM Aikido Bukou Dojo, Hudson WI



Friday April 29th

6:30pm Free Class, followed by Dan Testing
All Are Welcome to Attend!

\$55 for whole weekend

Sat. Only: \$35

Sun. Only: \$35

Saturday April 30th

1-5pm in Hudson

Dinner After, Location TBA Potluck to follow @ Dojo

Sunday May 1st

1-4:30pm in Hudson

All styles and
affiliations
welcome! (Please
bring weapons,
if possible.)

Bonifay Sensei began study of Aikido in August 1982 under Bill Sosa Sensei in Dallas, Texas while still affiliated with Rod Kobayashi Sensei's organization, Seidokan Aikido. He was a senior student when Sosa Sensei founded the International Aikido Association in 1995. He was promoted to Godan (5th Degree) in 1997. With the passing of Sosa Sensei in 2002 he became Senior Instructor of the IAA. In June 2003, he formed the Mid America Aikido Federation. Bonifay Sensei holds a BS in Secondary Education (speech/Drama) from Texas A&I University and a MFA in Theater from Trinity University. He is a massage therapist and certified Rolfer, and brings his knowledge of anatomy and alignment into his Aikido. He is married to Elly Lindsay (actress/teacher) and has an 22 year old son David.



Info: mike@midwestaikido.com • 715.377.1584 • www.DoMartialArts.net

715.377.1584 • 1830C Hanley Place, Hudson WI 54106

Brazilian Jiu-Jitsu/MMA/Aikido/Kids' Classes/Fitness/Self-Defense/Chiropractic

Directions to Midwest Center for Movement Dojo

MCFM Aikido Bukou Dojo: 1830C Hanley Place, Hudson WI 54016

651.308.8673



From MN:

- Take I-94 East to Hudson, Exit 2 (Carmichael Road)
- Turn right on Carmichael, go South on Carmichael for 3/4 mile.
- Turn right on Hanley Rd.
- At the next stop sign (intersection with O'Keefe Rd), go straight through the intersection and take an immediate left into the parking lot.
- Go to the South end of the building.

We are just East of the Hudson Hockey Arena /Civic Center.



Click Here to go to our listing on Google Maps



Pre-registration Form:
Midwest Center for Movement Aikido Seminar
with Randy Bonifay Sensei
April 29 - May 1, 2011

Questions?: 651.308.8673 or mike@midwestaikido.com

Name: _____

Address: _____

Phone: _____ Email: _____

Home Dojo: _____

Emergency Contact: _____ Phone: _____

I will be attending:		Seminar Fees:
Whole Weekend	<input type="checkbox"/> Dinner Saturday	Full Seminar (\$55)
Saturday only	<input type="checkbox"/> Potluck Sunday	Saturday Only (\$35)
Sunday only	<input type="checkbox"/>	Sunday Only (\$35)
		Amount Enclosed: _____

Please make checks payable to "MCFM Aikido". Mail completed registration form and check to:

Midwest Center for Movement, 1830C Hanley Place, Hudson WI 54016

Waiver and Release of Liability:

You, as guest, parent, spouse, or guardian of minor, as applicable, agree that if you engage in any physical activity or use any facility in the Midwest Center For Movement Dojo premises and Enso Aikido Dojo, you do so at your own risk. This includes without limitation, your use of equipment, locker room, training room, parking area, or sidewalk and your participation in any activity, class, or instruction made available therein. You agree that you are voluntarily participating in these activities and using the equipment and facilities and assuming all risk of injury or your contraction of any illness or medical condition that might result therefrom or any damage, loss or theft of any personal property. You agree on behalf of yourself (and your personal representatives, heirs, executors, administrators, agents and assigns) to release and discharge the Midwest Center For Movement and Enso dojo, from any and all claims or courses of action arising out of our negligence. This waiver and release of all liability includes, without limitation, injuries that may occur as a result of a) your use of the facility or its improper maintenance b) any negligent instruction or supervision c) while slipping and/or falling while in the building or the surrounding premises.

You acknowledge that you have carefully read this Waiver and Release and fully understand that it is a release of all liability. In addition, you do hereby waive any right that you may have, by or on behalf of yourself, your spouse, or any child (minor or otherwise), to bring legal action or assert a claim for injury or loss of any kind against us for our negligence, or arising out of or relating to participation from you, your spouse or child in any activity, or use of any equipment, facilities, services, or development of illness, loss of property, or anything described herein.

Name (Printed): _____

Signature: _____ Date: _____

(Of Parent or Guardian, if under 18)