

Northern Virginia Ki Aikido presents a
Friendship Seminar Sat. February 11, 2012



**Gordon Sakamoto - Rokudan,
Aikikai, USAF**

Sakamoto Sensei began practicing Aikido in 1963 in Honolulu, Hawaii. Military service sent him to Japan in 1967 where he was privileged to receive instruction from O Sensei. Sakamoto Sensei has also taught Aikido at the University of Hawaii and on Okinawa, Japan. In 1980, he arrived in northern Virginia and was invited to become the chief instructor of Northern Virginia Aikikai. He is now in demand as an instructor throughout the US. Sakamoto Sensei currently holds the rank of 6th dan and is on the board of directors of the United States Aikido Federation.

**Yvonne Thelwell - Godan, Iwama
CAA-**

Sensei Thelwell has been an uchideshi in Iwama, Japan and trained under Morihiro Saito Sensei. She holds the rank of Yon Dan (4th degree black belt). She was a student of the late Don Lyon and she is a member of the California Aikido Association (CAA) Division 1 headed by Pat Hendricks 6th Dan. Thelwell Sensei is the Chief Instructor of **Aikido of Arlington**.

**Steve Wolf - Yondan, Ki Society,
EKF-**

While living in Brazil during the 1960's Wolf Sensei began his martial arts studies with Judo and Jujitsu. In 1981 he switched to Aikido after attending classes with George Simcox Sensei, the long-time Chief Instructor of the Virginia Ki Society. For the last 30 years Steve has continued to train in the art, and in 2005 he became Head Instructor at the **Northern Virginia Ki Aikido** dojo. He continues to give Aikido and Ki Development workshops and seminars in several states and Canada.

**Asim Hanif Sandan Aikikai,
CAF –**

Hanif Sensei is a direct student of Clyde Takeguchi Shihan 7th dan. Hanif Sensei began martial arts training in 1972, later winning 2 world titles as a professional kickboxer. He began his aikido training with Irvin Faust 6th dan at [Albany Aikido](#) in 1995. Upon relocating to the Northern Virginia area in 1996, he became a member of [Capital Aikikai](#) under Takeguchi Sensei. Hanif Sensei is the Chief Instructor of **Potomac Aikikai** (Ashburn, VA) a member of the Capital Aikido Federation.

Price: \$35 (includes lunch 12:30-1:30pm)

10:00 - 10:15 am - Introductions / Stretching 10:15 - 11:15 am - Wolf Sensei 11:30 - 12:30 - Thelwell Sensei 1:30 - 2:30 - Sakamoto Sensei 2:45 - 3:45 - Hanif Sensei

Location: Northern Virginia Ki Aikido (2929E Eskridge Road, Fairfax VA)

For additional info: novakiaikido.org