



HOSTED BY:
NORTHERN VIRGINIA KI AIKIDO

TAUGHT BY:
RICH FRYLING SENSEI
6th DAN CHIEF INSTRUCTOR
EASTERN KI FEDERATION

DAVID SHANER SENSEI
8th DAN SENIOR ADVISOR
EASTERN KI FEDERATION

DATES:
JANUARY 9TH – 11TH 2026

LOCATION:
NORTHERN VIRGINIA KI-AIKIDO
2929-E ESKRIDGE RD, FAIRFAX, VA 22031

REGISTER ONLINE:
[HTTPS://FORMS.GLE/J7I5TMQUd4PQFEYL6](https://forms.gle/J7I5TMQUd4PQFEYL6)

PAY ONLINE:
[HTTP://NOVAKIAIKIDO.ORG/NEWS-UPDATES.PHP](http://novaki aikido.org/news-updates.php)

HOTEL INFORMATION:
RESIDENCE INN BY MARRIOTT FAIRFAX MERRIFIELD
DEADLINE FOR GROUP RATE RESERVATIONS **DEC 12, 2025**
[RESERVATION LINK](#)

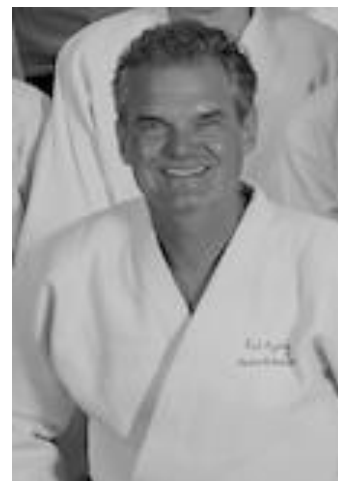
FOR ADDITIONAL INFORMATION:
SALLY MILLS SENSEI
EMAIL: SALLY.F.MILLS@GMAIL.COM
PHONE: 952.693.1703

2026

EASTERN KI FEDERATION NEW YEAR'S SEMINAR

Come join **Rich Fryling Sensei**, 6th Dan and Chief Instructor Eastern Ki Federation and **David Shaner Sensei**, 8th Dan and Senior Advisor Eastern Ki Federation for the 2026 New Year's Seminar hosted by Northern Virginia Ki Aikido, located in Merrifield, Virginia.

We are excited to welcome all students regardless of rank and experience.



Northern Virginia Ki Aikido will also be hosting a special **Celebration Banquet** for the awarding of advanced promotions to our EKF Members. This year represents an unprecedented number of recipients. Come celebrate this historic tribute to our growth and development.



EKF 2025 International Ki Conference

FRIDAY	SATURDAY	SUNDAY
5:30pm Dojo Opens	8:00am Dojo Opens	8:00am Dojo Opens
6:00pm – 8:00 pm Seminar	9:00am – 12:00pm Seminar	9:00am – 12:00pm Seminar
8:30pm Dinner and Social	12:00pm – 1:30pm Lunch	
	1:30pm – 4:00pm Seminar	
	6:00pm Celebration Banquet (\$50 per person)	

SEMINAR COSTS

FULL SEMINAR (ALL 3 DAYS)

\$160.00 IF PAID BY 12/20/25

\$190.00 IF PAID AFTER 12/20/25

BANQUET: \$50.00 PER PERSON
(NOT INCLUDED IN SEMINAR FEES)



REGISTRATION FORM

NAME:	HOME DOJO:
EMAIL:	AIKIDO RANK:
PHONE:	KI RANK:
ADDRESS:	DIETARY NEEDS:

WAIVER

ARTICLES OF RELEASE FROM LIABILITY AND ASSUMPTION OF RISK:

I certify that I am in good health and haven't any physical defect that would endanger my health in participation and practice of Shinshin Toitsu Aikido and/or Ki training. I hereby release and discharge the International Ki Society, Eastern Ki Federation, and the Northern Virginia Ki-Aikido Dojo its officers, instructors, participants, and affiliated member clubs from any liability whatsoever, resulting from or in any manner arising out of an injury, loss or damage that may be sustained to me or my property on account of my participation, and/or transportation connected with herein said activity. I represent and covenant at the time of signing this release application, I am legally competent to execute it and that before signing it, I have fully informed myself of its contents and execute it with full knowledge thereof.

SIGNED:	SIGNED BY PARENT OR GUARDIAN (IF UNDER 18):
NAME:	NAME OF PARENT OR GUARDIAN (IF UNDER 18):