

Aikido Heiwa Systema “Study Group” will be hosting the seminar
Applications of Punching on Sat Nov 17th 2007.

If you have any questions contact
KC Schultz at 206-898-8043 or Kaizen Taki at 206-992-8255

We look forward to seeing you there.

Directions to the Aikido Dojo are below.

From I-5 North or South, get off at exit 181A or B for 'Lynnwood', (see map below) then head west on 196th for a little less than 2 miles. We will be on the left (south) side of the main road west to Edmonds. You will cross 44th, Hwy 99, and 68th. We are right after the light at 68th.

From Hwy 99, just head west onto 196th for a bit over 1/4 mile.

From Edmonds, near the Sound, head up the main road, as if going towards Lynnwood and Alderwood. The dojo will be on the right (South) side of 196th about 1/3 mile after 76th.

