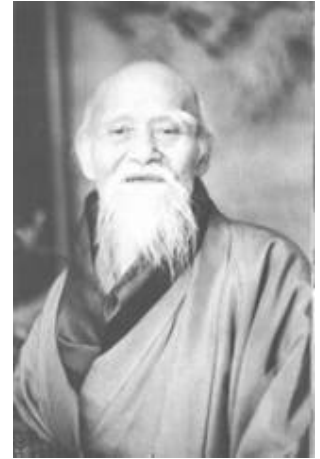


Common Ground 2018

Aikido in Virginia Friendship Seminar

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Labor Day Weekend
Saturday, Sept. 1 (9A-5P)



A day for practitioners of Aikido to come together and experience the diversity of Virginia's Aikido Resources – which are all part of O-Sensei's legacy.

Featuring Instructors:

Gordon Sakamoto Shihan, 7th Dan, [Northern VA Aikikai](#) (USAF)

and:

Jim Baker 6th Dan, [Aikido of Norfolk](#) (USAF)

Aviv Goldsmith, 6th dan, [Aikido in Fredericksburg](#) (TAA)

Yvonne Thelwell, 5th dan, [Aikido of Arlington](#) (CAA)

Steve Wolf, 5th dan, [Northern Virginia Ki-Aikido](#) (Eastern Ki Federation)

Truman Capone, 4nd dan, [Kodokan Aikido Blacksburg](#) (Kodokan)

\$79 Discounted Advance Purchase (\$99 after 25 August) includes a simple lunch

Organized and Hosted By:

Aikido in Fredericksburg

6155 Hickory Ridge Road

Spotsylvania, VA 22551

(540) 582-9600

www.gashuku.net



Common Ground – Aikido in Virginia

2018 Friendship Seminar – Application/Waiver

Non-Refundable Fee Must Accompany Registration

(please make check payable to Aikido in Fredericksburg and mail to 6155 Hickory Ridge Road, Spotsylvania, VA 22551 or email to aviv@aikidoinn.com before August 25 – You can also [click here to register and pay online](#))

Name _____ Contact Telephone _____

Address _____ City, State _____

Zip _____ Aikido Rank _____

Home Dojo _____ Email Address _____

How did you learn about Common Ground? _____

Do you have any health limitations that would affect your ability to practice Aikido?

Contact Person and Phone in Case of Emergency:

Amount Enclosed (\$79 per registrant advance or \$99 at the door includes lunch): _____

Will you attend the informal reception after the training? _____

READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned guest of AIKIDO IN FREDERICKSBURG, and the Common Ground Friendship Seminar instructors, (hereafter called "Schools"), acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I acknowledge that any insurance that the Schools may carry may not cover injury to its students. As a condition to being admitted to the Common Ground seminar and related events, I assume the risk of all injury and *do hereby hold Schools, their instructors, employees, volunteers, lessors, and agents harmless from any and all liability* (including attorney's fees and costs) for all claims, actions, or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Aikido, any variation thereof, or associated therewith, whether occurring on the premises of the Schools or elsewhere, excepting only those actions or damages caused by the gross negligence of any of them.

I agree that the health, welfare, and safety of all students, members, and instructors of the Schools are of paramount importance. I certify that there is no medical reason to preclude me from training. I certify that, other than as stated above, I do not have a communicable, contagious, or other health condition that poses a medically-recognized or dangerous risk of harm to other students, members, or instructors of the School.

I agree to abide by the rules of the Schools and to follow explicitly all instructions given by instructors. I understand that (a) training is a privilege, (b) that the Schools may refuse to provide instruction or membership to any person at any time, and (c) fees paid are not refundable. I agree to clean up any trash or recyclables generated during the event and permit Aikido in Fredericksburg to use any still photo, video, audio or other likenesses of me in their educational or marketing materials.

Date _____ Signature _____

If student is under eighteen (18) years of age, parent or guardian must also sign here.

I, the undersigned, as parent or guardian of the above applicant, certify that I have read the above application and I consent to the applicant's receiving the instruction applied for and I agree to the provisions of the contract for myself and said applicant.

Date _____ Signature _____

Common Ground – Aikido in Virginia Friendship Seminar

[Directions to Aikido in Fredericksburg Dojo](#)

From the North:

Take I-95 to Exit 126, Massaponax

At the exit turn right onto US1 (Jefferson Davis Highway)

Go about 5 miles (along the way you'll pass Route 17, Massaponax High, and the Ni River)

Turn right onto VA632, which is Hickory Ridge Rd

Go 1.4 miles and turn right into the paved driveway

If the paved parking is full please continue around to the left to the overflow parking area (on the grass to the left)

From the South:

Take I-95 to Exit 118, Thornburg

At the exit turn left onto Mudd Tavern Road (606)

At the traffic light turn right onto US1 (Jefferson Davis Highway)

Go 2.5 miles

Turn left onto Hickory Ridge Rd / VA 632

Go 1.4 miles and turn right into the paved driveway

If the paved parking is full please continue around to the left to the overflow parking area (on the grass to the left)

From the West:

Get yourself to Rt 208.

Just south of "downtown" Spotsylvania turn east onto 608/Massaponax Church Rd.

Go ~3 miles. Turn right onto Hickory Ridge Rd / VA 632

Go 1.8 miles and turn left into the paved driveway

If the paved parking is full please continue around to the left to the overflow parking area (on the grass to the left)

**IF YOU GET LOST EN ROUTE CALL
THE DOJO AT 540-582-9600**

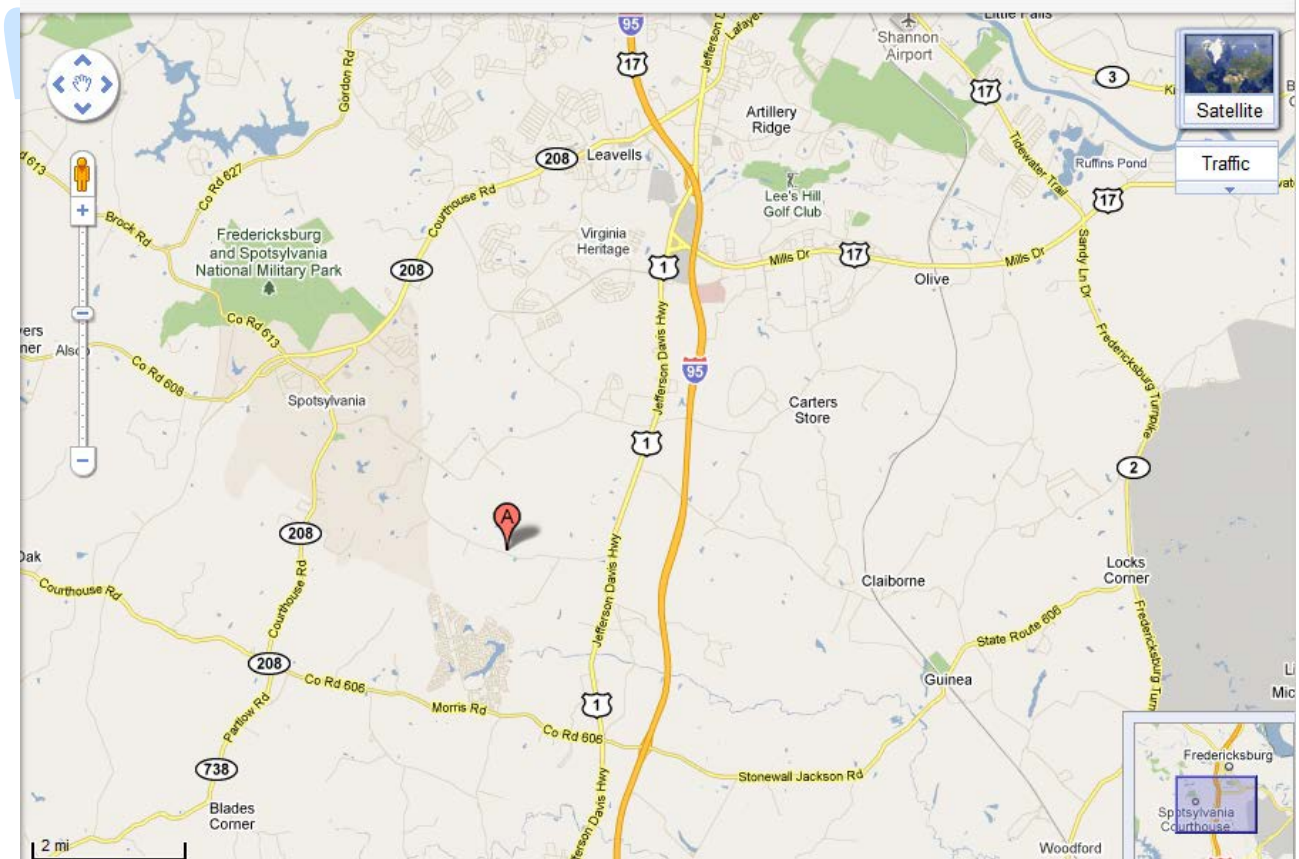
Discounted hotel rooms available at [Sleep Inn Southpoint](#) (ask for "Aikido" rate)

SLEEP INN SOUTHPOINT
5400 SOUTHPOINT BLVD
FREDERICKSBURG, VA 22407 USA
Phone: 1.540.710.5500

With advance notice, overnight an Uchideshi bed or crash space on the mat is available.

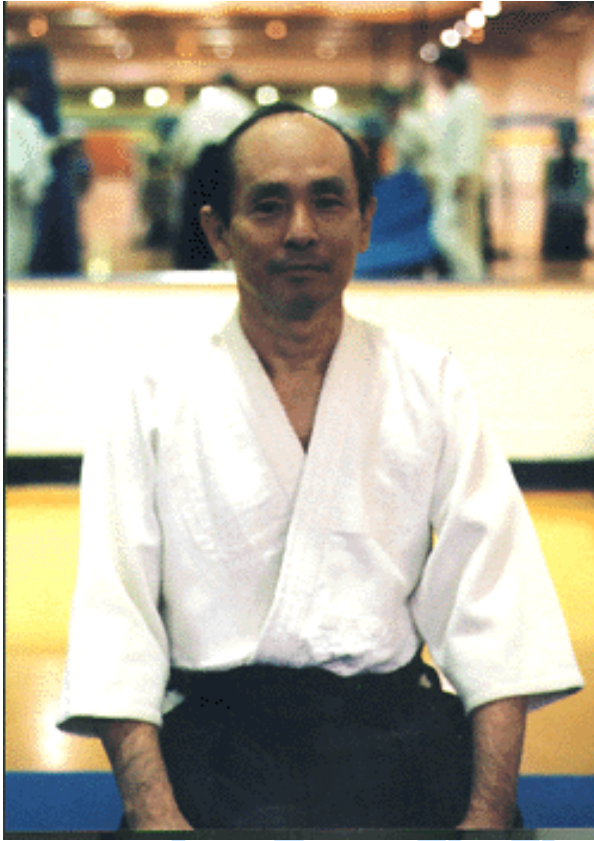
SEMINAR SCHEDULE (tentative)

Start Time	Finish Time	
8:00 AM	9:00 AM	Registration Begins
8:00 AM	9:00 AM	Mat Open for Stretching
9:00 AM	9:45 AM	Aviv Goldsmith
9:50 AM	10:35 AM	Gordon Sakamoto
10:45 AM	11:30 AM	Truman Capone
11:35 AM	12:20 PM	Jim Baker
12:25 PM	1:35 PM	Lunch (included)
1:40 PM	2:25 PM	Steve Wolf
2:30 PM	3:15 PM	Gordon Sakamoto
3:20 PM	4:05 PM	Yvonne Thelwell
4:10 PM	5:30 PM	Reception



Seminar participants are welcome to join us for Sunday's jo class from 9A – 10:30 and to watch Dan Testing commencing at 11AM.

INSTRUCTOR BIOS



Gordon Sakamoto Shihan
7th Dan, Shihan
Chief Instructor, [Northern Virginia Aikikai](#)
US Aikido Federation (USAF)

Gordon Sakamoto is the chief instructor of the Northern Virginia Aikikai. He was born and raised in Honolulu, Hawaii where he began practicing Aikido in 1963. After graduating from the University of Hawaii, he entered the U.S. Air Force in 1965. He received an assignment to Japan in 1967, where he practiced daily at Hombu Dojo for two and a half years. During this time, Sakamoto Sensei was privileged to receive instruction from O-Sensei during the last years of his life. After leaving the Air Force in 1969, he returned to the University of Hawaii to attend graduate school where he also taught Aikido until 1973, when he accepted a job on Okinawa, Japan. In 1980, he arrived in northern Virginia and became Chief Instructor at Northern Virginia Aikikai. He has been instructing at Thomas Jefferson Community Center, Arlington, VA. Classes are also available at the Dale City Recreation Center and George Mason University.

Jim Baker Sensei

6th dan

[Aikido of Norfolk](#) (USAF)

Jim Baker Sensei began training Aikido in 1974 at the New York Aikikai. He received his Shodan in 1982 and taught at Aikido of Park Slope (NY) and the Aikido Society of Memphis. In 2003 he founded and has since nurtured Aikido of Norfolk.

He describes himself as a mostly upright primate, less fast than a speeding bullet. His sense of humor contributes to his excellence in instruction. He is a registered Shido-in.





Aviv Goldsmith Sensei

6th Dan

Chief Instructor, [Aikido in Fredericksburg](#), VA
[Takemusu Aikido Association](#) (TAA)

Aviv Sensei began studying Aikido in 1974 and has been training Iwama-style since 1986. He was Dojo Cho at Reno Aikido Co-Op in Reno, Nevada, before moving to Virginia in 2002 at the request of the Fredericksburg Aikido Club. He has trained in the Iwama Dojo with Saito Shihan and hosted Saito Shihan and his son several times in the US. As Dojo Cho of Aikido in Fredericksburg, he has developed a 7,200 square foot "green" dojo which hosts numerous seminars and programs. He serves on the board of the [Takemusu Aikido Association](#). He is also the organizer of the Aiki Kodomo Kenshukai, How to Teach Aikido to Children Educators Workshop; and a How to Run an Aikido Dojo Seminar for Instructors.

He is a certified Shidoin by the Takemusu Aikido Association.

Yvonne Thelwell Sensei

5th dan

Chief Instructor, [Aikido of Arlington](#), VA
California Aikido Association (CAA)

Yvonne Thelwell has been training in Aikido for more than 25 years. She was sempai in the dojo when the late Don Lyon Sensei passed away and has been the Chief Instructor of Aikido of Arlington since 1996. She has been an Uchideshi in Iwama and has trained under Morihiro Saito Sensei. Her dojo is active in the community; they have shared their love of Aikido through demos, including annual participation in the National Cherry Blossom Festival in DC and events at the Japan Embassy, the National Building Museum, and National Geographic.

When Yvonne is not on the mat, she is probably pursuing her other passions of traveling or designing bridges.



Steve Wolf Sensei

4th dan

Chief Instructor, [Northern Virginia Ki-Aikido](#)
Virginia Ki Society

Steve Wolf started martial arts with jujitsu and judo while living in Brazil as a child. He resumed practice in these arts as an adult but switched to aikido in 1981 after meeting George Simcox Sensei, the chief instructor of the Virginia Ki Society dojo system. Steve Sensei began teaching around 1987 and became head instructor of the VKS home dojo in Merrifield, VA, following Simcox Sensei's untimely death in 2000. Since then Steve Wolf has conducted aikido workshops and seminars throughout the Mid-Atlantic and Canada, and during the mid-1990's he was contracted to teach at the US Marine Barracks in Washington DC. In 2003 the re-christened VKS headquarters became Northern VA Ki Aikido, where Wolf Sensei continues as head instructor.

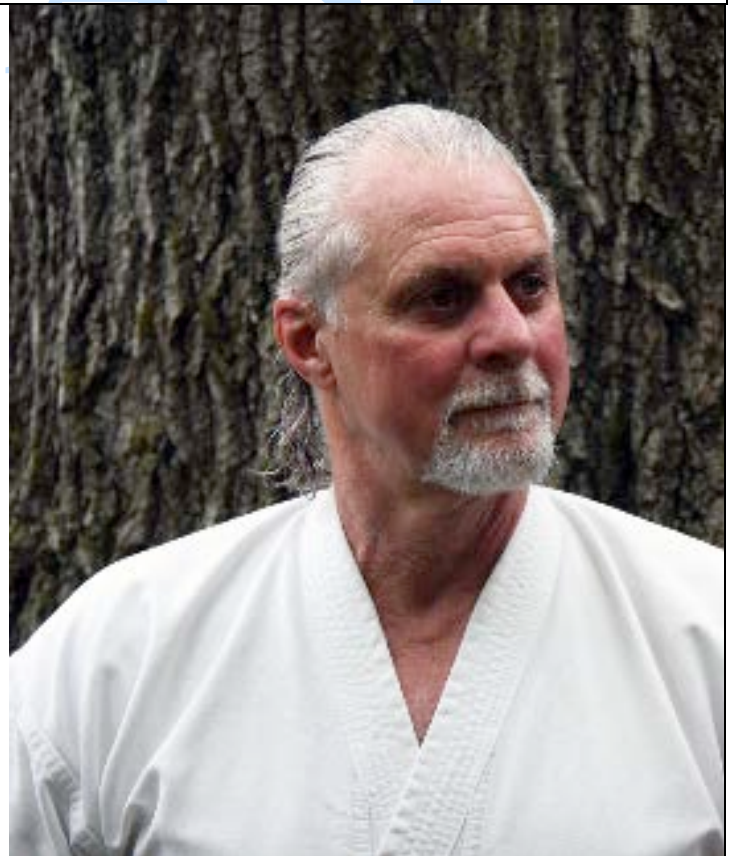
"AWASE"

Truman Capone Sensei

4th dan

Chief Instructor, [Kodokan Aikido Blacksburg](#)
Kodokan

Sensei Capone began his initial martial arts training at the age 16 when he was introduced to the art of Kempo which lead eventually to his 2nd Degree in Karate. He studied these arts in concurrence with an athletic career as a collegiate wrestler. In the early 1980's he began a focus in the internal arts of Tai chi, Chi Gong / Qigong, Fu Gong, Yoga & Hsing-i. In 1987 he discovered Aikido and began his lifelong pursuit. Capone Sensei is the Dojo Cho of Kodokan Aikido at Virginia Tech in Blacksburg, Virginia. Capone Sensei has studied with Sensei's John Grinnell, C.B Claiborne, Jay Speetjens, all under the direction of Tadamitsu Tanaka Shihan of Kodokan Aikido, Okazaki, Japan. Kodokan Aikido USA Blacksburg at Virginia Tech is affiliated with the Kodokan Aikido USA of Greensboro, NC, Okazaki, Japan, and with the Japanese Aikikai Federation based in Tokyo.



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