

Labor Day Weekend

Iwama-Style East Coast

Aikido Gasshuku



@ Aikido in Fredericksburg, Virginia
September 5 – 6, 2026

Saturday 9am – Sunday 1pm

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

Yvonne Thelwell, 6th dan, Aikido of Arlington, Virginia

Benson Spivey, 5th dan, SouthCoast Aikido, Massachusetts

Jan Bass, 4th dan, Traditional Aikido of Sarasota, Florida

Jeff Dowdy, 4th dan, Richmond Aikido Kai, Virginia

and

Laura Hackle, 3rd dan, Traditional Aikido of Sarasota, Florida

Iwama-Style Aikido Sensei will teach during this weekend workshop at the fantastic Aikido in Fredericksburg Dojo, just off I-95 between DC and Richmond. Both empty handed (Taijutsu) and aiki-weapons (Bukiwaza) will be emphasized. Overnight accommodations and ground transport assistance available with advance request.

www.gashuku.net

Details? Call Aviv Sensei at 1.540.582.9600 or email aviv@aikidoinn.com

Labor Day Weekend Aikido Gasshuku – Application/Waiver

\$99 Non-Refundable Fee Must Accompany Registration

(please make check payable to Aikido in Fredericksburg and mail to 6155 Hickory Ridge Road, Spotsylvania, VA 22551 before 17 August 2026, or [register online](#))

Name _____ Contact Telephone _____

Address _____ City, State _____

Zip _____ Aikido Rank _____

Home Dojo _____ Email Address _____

How did you learn about the Seminar? _____

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

Contact Person and Phone In Case of Emergency:

Amount Enclosed (\$99 discounted pre-registration by 8/17/2026, \$129 thereafter): _____

An informal potluck dinner party is included at the dojo on Saturday. Would you like to contribute \$15 instead of bringing a dish to pass? If so, please check here and include the funds with your registration _____

Do you need assistance with overnight accommodations? _____

READ THE FOLLOWING CAREFULLY - IT LIMITS OUR LIABILITY

I, the undersigned guest of AIKIDO IN FREDERICKSBURG (hereafter called "School"), 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 School may carry may not cover injury to its students. As a condition to being admitted to the seminar and related events, I assume the risk of all injury and *do hereby hold the School, its 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 or illness 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 School or elsewhere.

I agree that the health, welfare, and safety of students, members, and instructors of the School 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 School and to follow explicitly all instructions given by instructors. I understand that (a) training is a privilege, (b) the School may refuse to provide instruction or membership to any person at any time, and (c) fees paid are not refundable. I agree to receive communications as appropriate at the above addresses from School and I agree that the School may use any photos or other recordings of me taken at the seminar.

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 _____



The seminar focuses on Aikido as taught by its Founder, Morihei Ueshiba, at the [Iwama Dojo](#) in Japan, as passed down via his disciple Saito Morihiro.

In the above photo Saito Shihan instructs “ninindori” at a seminar in Reno, Nevada.

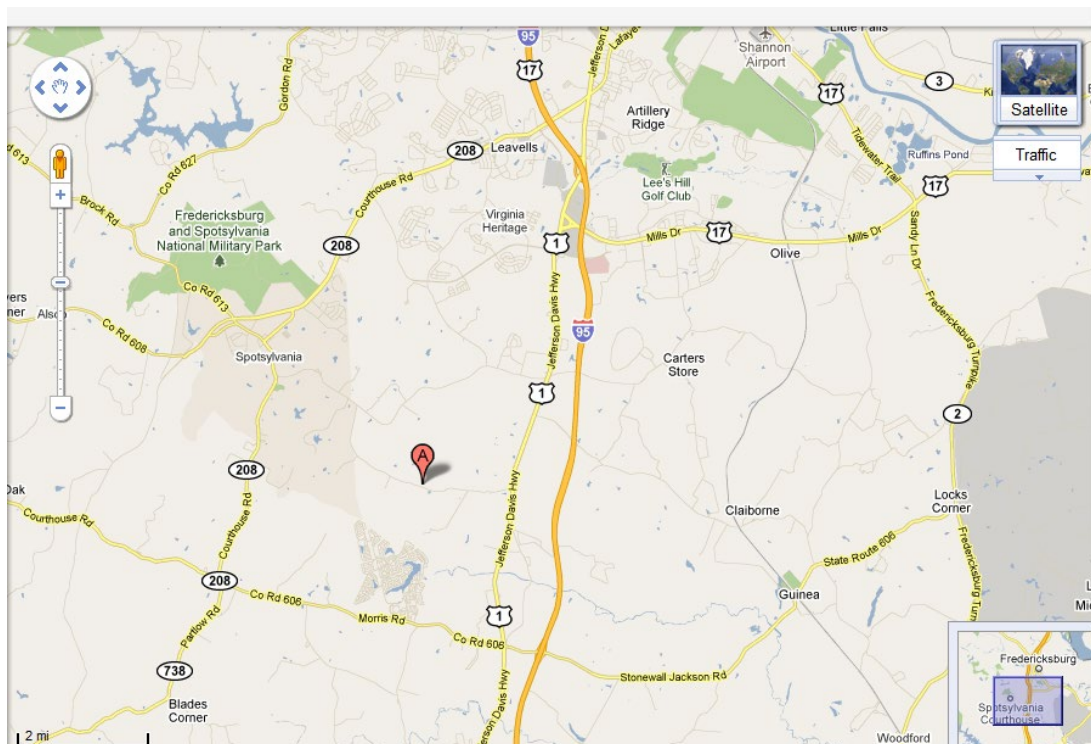
Below photo is the traditional “shomen” at the Aikido in Fredericksburg dojo.



Tentative Class Schedule

	SATURDAY		SUNDAY
8:30	Registration / Open Mat	9 AM	Yvonne Thelwell
9 AM	Aviv Sensei	10:00	Ben Spivey
10:15	Yvonne Thelwell	11:10	Laura Hackle
11:30	Ben Spivey	12:10P	Aviv Sensei
12:30P	Dan Testing	1:00	Closing Circle
3:00	Jan Bass		
4:15	Jeff Dowdy		
7 PM	Dinner Party		

Bring Bokken, Jo, and Shoes Suitable for Outdoor Training



For your convenience, we have reserved a few double rooms at the Hampton Inn & Suites Fredericksburg South (near I-95 exit 126). If you are interested, please [contact Aviv Sensei](#) before 28 August. There are other hotels in that area and rates will vary right up till the seminar (holiday) weekend.

Uchideshi rooms at the dojo and on the mat crash space may also be available.



Aviv Goldsmith Sensei

6th Dan

Chief Instructor

[Aikido in Fredericksburg](#), Virginia

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 Morihiro Shihan and Saito Hitohira Sensei, and hosted Saito Morihiro Shihan several times. As Dojo Cho of Aikido in Fredericksburg, he has developed a 7,200 square foot "green" dojo which hosts numerous seminars and educational programs. He received Shido-in certification in 2010 and currently serves as President of the [Takemusu Aikido Association](#).

He is a certified Shido-in by the Takemusu Aikido Association.

Yvonne Thelwell Shihan

6th Dan

Chief Instructor

[Aikido of Arlington](#), Virginia

Yvonne Sensei began her Aikido journey on tax day, April 15, 1989 studying under Donny Lyon Sensei in Arlington, Virginia. Classes were held 2 mornings a week in an aerobic room and the first day there were about 50 people crammed in the space. She was fascinated by the gracefulness of the movements and, being an engineer, with the logic of it all. Before the end of the month, she was hooked. Within a year they moved to Clarendon Presbyterian Church, where they are to this day, and classes expanded to 6 days a week. In 1991, she spent a month in Iwama and in 1996 she became Dojo Cho of Aikido of Arlington. She has trained under Saito Morihiro Shihan and many great Aikido instructors.

She is a certified Shihan by the California Aikido Association.





Ben Spivey Sensei

5th Dan

Chief Instructor

[SouthCoast Aikido](#), Massachusetts

Ben Sensei began his training in 1996 at the University of California San Diego Aikido club. Shortly thereafter, he became a student of Bernice Tom Sensei (7th Dan) at Sunset Cliffs Aikido and then later became an Uchideshi under her direction for three years. Since moving to the East Coast, he has also received direction from Aviv Sensei. Ben has been the Chief instructor at SouthCoast Aikido since 2007. He focuses on connection and whole-body movements with an interest in the internal and meditative aspects of the art.

Ben is a certified Shido-in by the Takemusu Aikido Association.

Jan Bass Sensei

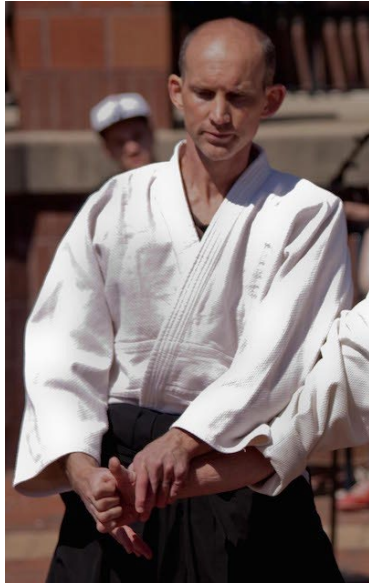
4th dan

Chief Instructor

[Traditional Aikido of Sarasota](#), Florida

Jan Sensei oversees instructor training and student development for Traditional Aikido of Sarasota where she teaches Practical Self-Defense in addition to traditional Aikido. She brings over twenty years of Aikido study and over forty years experience in martial arts including Uechi-Ryu Karate, Kendo, and Iaido.





Jeff Dowdy Sensei

4th dan

Chief Instructor

[Richmond Aikido Kai](#), Virginia

Jeff Sensei has practiced martial arts for most of his life. He was awarded a black belt in karate before he started practicing Aikido in 2003. For the last twenty years Aikido has been his way to explore conflict resolution, engagement, and personal growth through translating the practice of aikido into everyday life.

His Aikido training has included study under Dean Broga Sensei and Aviv Sensei.

Laura Hackle Sensei

3rd dan

Dojo Cho

[Traditional Aikido of Sarasota](#), Florida

Laura Sensei develops and leads the Youth Aikido, Gentle/No-Fall Aikido, and Professional Group Training programs at Traditional Aikido of Sarasota. Laura has over twenty years study in Aikido, and is a licensed occupational therapist with thirty years of experience developing curricula and activities for early childhood education and occupational therapy programs. Her Aikido training includes study under Barry Tuchfeld Sensei, Hans Goto Shihan, and Aviv Sensei.



All Aikidoists Welcome. Come and Join Us !



Aikido in Fredericksburg is an educational non-profit organization.