



Aikido of Pittsburgh

Presents a Seminar with

Ellis Amdur, Sensei

February 19th, 20th and 21st 2016 at Aikido of Pittsburgh

- Friday
 - Evening Session – 6:30pm to 8:30pm
- Saturday
 - Morning Session – 10:00am – noon
 - Afternoon Session – 1:30pm – 5:00pm
- Sunday
 - Morning Session – 10:00am to 12:00pm

Join us for an intensive Aikido seminar the weekend of January 23rd. Ellis Amdur will be returning to teach follow-up material from his seminar last year. Over the last decade, Amdur Sensei has worked with several aikido instructors to develop a practice method that would lend itself to more effective atemi, counter-techniques and the development of students' abilities in more free-style practice, all of this without compromising the essential structure of classical aikido. Amdur's core concept is that all aikido techniques can be placed on five essential vectors of movement. This concept radically shortens the amount of time in which people learn aikido techniques, counters, and atemi (striking methods). Counter-techniques, in particular, rather than something "pre-planned" based on the technique the opponent is attempting, become a natural unconscious response, as soon as the practitioner finds themselves "placed" on one of those vectors. For more information on Ellis Amdur and his background check out his website www.edgework.info

The cost for the seminar is **\$85 for the entire weekend.**

For more information contact:

Aikido of Pittsburgh
(412) 781-2565 or (412) 260-2171
contact@aikidopittsburgh.org

Aikido of Pittsburgh was founded in 1968 by *Shihan Ruriko Masutani* after she emigrated from Japan. Shihan Masutani began practicing Aikido in her native Japan as a child in the early 1950's under the guidance of her father. After moving to the United States and finally settling in Pittsburgh, Shihan Masutani continued training and began teaching seminars up and down the east coast. She has been teaching Aikido in Pittsburgh for over 44 years.

Aikido of Pittsburgh
Ellis Amdur Sensei Seminar
February 19th-21st

Registration Form

(Please Print VERY CLEARLY – all registration information is confidential)

Date: _____

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: () _____

Email Address: _____

Entire Seminar: \$85

Friday only: \$35

Saturday only: \$65

Sunday only: \$35

Total enclosed \$_____ (Make checks payable to **Aikido of Pittsburgh**)

Please mail your completed registration form and payment to:

Aikido of Pittsburgh
401 Butler St.
Pittsburgh, PA 15223
www.aikidopittsburgh.org

Any questions please contact us at (412) 260-2171.

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