

# Labor Day Weekend

## Iwama-Style East Coast

### Aikido Gasshuku



@ Aikido in Fredericksburg, Virginia

**September 1 - 3**

Saturday 10am – Sunday 2pm

[Aviv Goldsmith](#), 6<sup>th</sup> dan, [Aikido in Fredericksburg](#), Virginia  
Andrea Lembo, 5<sup>th</sup> dan, [Takemusu Ibaraki Dojo](#), Rome, Italy  
Fabian Horn, 4<sup>th</sup> dan, [Aiki-Dojo Augsburg](#), Germany (tentative)  
[Norm Primmer](#), 4<sup>th</sup> dan, Coastal Aikido Center, Savannah, Georgia

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. Overnight accommodations and ground transport assistance available with advance request.

[www.gashuku.net](http://www.gashuku.net)

Details? Call Aviv Sensei at 1.540.582.9600 or email [aviv@aikidoinn.com](mailto:aviv@aikidoinn.com)

# Labor Day Weekend Aikido Gasshuku – Application/Waiver

## **\$79 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 12 August 2017, 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 (\$79 discounted pre-registration by 8/12/2017, \$119 thereafter): \_\_\_\_\_

An informal potluck dinner party is included at the dojo on Saturday. Would you like to contribute \$12 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 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 images 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.

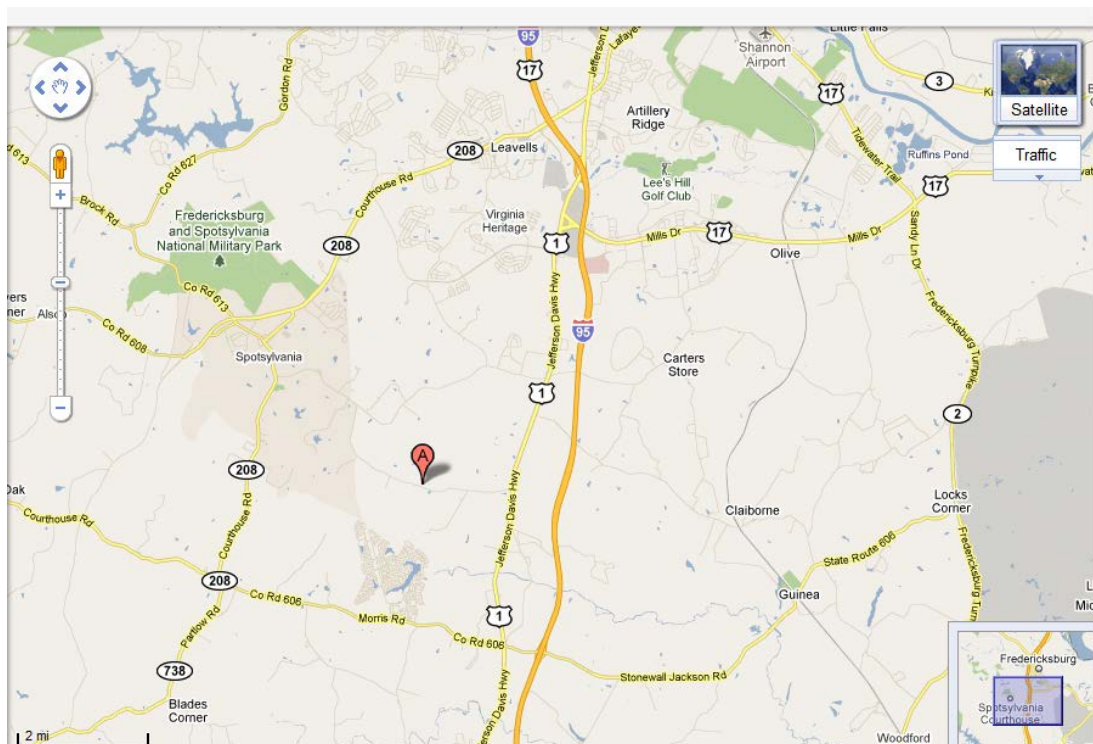
Below photo is the “shomen” at the Aikido in Fredericksburg dojo.



# Tentative Class Schedule

	SATURDAY		SUNDAY
<b>8:30</b>	Registration / Open Mat	<b>9 AM</b>	Aviv Sensei
<b>10 AM</b>	Aviv Sensei	<b>10:15</b>	Andrea Lembo
<b>11:15</b>	Andrea Lembo	<b>11:30</b>	Norm Primmer
<b>12:30</b>	Dan Tests	<b>12:45</b>	Fabian Horn
<b>1:30</b>	Lunch	<b>1:45</b>	Closing Circle
<b>3:00</b>	Norm Primmer		
<b>4:15</b>	Fabian Horn		
<b>7 PM</b>	Dinner Party		

Bring Bokken, Jo, and Shoes Suitable for Outdoor Training



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

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



## Aviv Goldsmith Sensei

6<sup>th</sup> Dan

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

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 in Reno. 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 serves on the boards of the [Takemusu Aikido Association](#) and [Aiki-Extensions, Inc.](#) He is the organizer of the Aiki Kodomo Kenshukai, How to Teach Aikido to Children Educators Workshop.

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

## Andrea Lembo Sensei

5<sup>th</sup> Dan

Chief Instructor, Takemusu Ibaraki Dojo, Rome, Italy

Andrea Lembo Sensei began studying judo in 1966 in Rome. From 1974 to 1977 He joined with the sports group FFOO of the Italian Police and became referee in competitions. In 1976 he met Elena Gabrielli sensei, now 6 dan Aikikai, in Rome and started practicing Aikido. After his first encounter with Corallini Shihan and Saito Shihan he chose his aikido school and since then followed training with Iwama style senseis including: Corallini Shihan, De Compadri, Baumgartner, Witt Shihan, H. Saito, Hiroshi Nemoto, Hirosawa, Tittarelli, Ulf Evenas Shihan, Aviotti, Toutain, Weisgard, Isoyama Shihan, and Inagaki Shihan. Now he is a member of TAA and his dojo is in Rome Italy. Lembo Sensei says "I practice aikido only for the joy it makes me feel". He is a recognized Shido-in.





## **Fabian Horn Sensei (tentative)**

4<sup>th</sup> Dan

Chief Instructor,  
Aiki-Dojo Augsburg

Fabian Horn Sensei – 4<sup>th</sup> dan started Aikido in 1994 and is now the Dojo Cho of the Aiki-Dojo Augsburg, Germany, where has been teaching regularly since 2003. His supervising instructor is Wolfgang Baumgartner Sensei.



## **Norm Primmer Sensei**

4<sup>th</sup> dan

Chief Instructor,  
Coastal Aikido Center, Savannah, GA

Norm Sensei began training at [Reno Aikido Co-Op](#) in April 1994. He has progressed to the level of 4<sup>th</sup> dan which he successfully tested for in December 2012. His Aikido training includes study under Senseis Aviv Goldsmith and Vince Salvatore and visits to Hombu Dojo and Iwama. He has taught Aikido in Nevada, Pennsylvania, Georgia, and Florida.

**Come and Join Us !**

