

BRINGING SAOTOME SENSEI'S LEGACY FORWARD

AIKIDO SCHOOLS OF UESHIBA and BOULDER AIKIKAI
invite you to a special seminar

April 19–21, 2024

taught by

Dan Messisco Sensei

SEVENTH DAN



Robin Cooper Sensei

SEVENTH DAN



Creating a Place of Safety

*“You must learn to perceive your partner's pain,
find compassion and adjust your movement accordingly.”*

MITSUGI SAOTOME SHIHAN

HOSTED BY



BOULDER AIKIKAI

2424 30th Street, Boulder, Colorado | boulderaikikai.org/nanadan-spring-seminar-2024

Calligraphy "Aiki" by Mitsugi Saotome Sensei

GRANTS AVAILABLE

AN EVENT SPONSORED BY AIKIDO SCHOOLS OF UESHIBA
www.asu.org



Welcome

We sincerely hope you will join us for this year's Spring Seminar. We are partnering with ASU (Aikido Schools of Ueshiba) to bring two guest instructors, Dan Messisco (7th dan) and Robin Cooper (7th Dan). Classes will be held in-person at the dojo and will be shared online for those who would like to practice in their own dojo or home. Classes will begin on Friday evening, with a full day of practice on Saturday, finishing on Sunday at noon. For more information, please visit us at BoulderAikikai.org. We look forward to seeing you!

Schedule (all times Colorado MDT)

Friday, April 19

6:00–6:55 pm Messisco
7:05–8:00 pm Cooper

Saturday, April 20

10:00–10:55 am Messisco
11:05 am–noon Cooper
noon 2-hour
lunch break

2:00–2:50 pm Messisco
3:00–3:50 pm Cooper

3:50–4:10 pm break

4:10–5:00 pm Messisco
5:10–6:00 pm Cooper

6:30 pm Pizza Party

Sunday, April 21

10:00–10:55 am Messisco
11:05 am–noon Cooper

TIME ZONE EQUIVALENTS

10:00 am U.S. Mountain
9:00 am U.S. Pacific
12:00 pm U.S. Eastern
18:00 Central European

Fees

The majority of registrations will be handled through ZenPlanner, our on-line platform at:
boulderaikikai.org/nanadan-spring-seminar-2024

We have a simple fee schedule. In-person has three options, full seminar, Saturday only, or any 2-class block. There are also two online options, individual or dojo. Individuals may choose between three payment amounts, whatever fits your schedule and/or budget. For those who would like to practice as a group in their home dojo, a donation can be made through our PayPal link.

In-person

\$200 full seminar
\$125 Saturday only (full day)
\$50 any 2-class block

Online

\$50, \$75 or \$100 individual
Donation dojo

Scholarships/grants are available. Please sign-up on-line using the Scholarship button and you'll receive an email with further details.

Please note

A Zoom link will be emailed to all participants the week prior to the event. There will be a pizza party Saturday evening at the dojo.

Information and registration | boulderaikikai.org/nanadan-spring-seminar-2024



BOULDER AIKIKAI

2424 30th Street, Boulder, Colorado

Boulder Aikikai is a non-profit educational organization and welcomes students of any race, gender, color, religion, and national or ethnic origin.