



HOSTED BY:
 NORTHERN VIRGINIA KI AIKIDO
<https://www.novakiaikido.org/>

TAUGHT BY:
 RICH FRYLING SENSEI
 6th DAN CHIEF INSTRUCTOR
 EASTERN KI FEDERATION

DAVID SHANER SENSEI
 8th DAN SENIOR ADVISOR
 EASTERN KI FEDERATION

DATES:
 JANUARY 10TH – 12TH, 2025

LOCATION:
 NORTHERN VIRGINIA KI-AIKIDO
 2929-E ESKRIDGE RD, FAIRFAX, VA 22031

REGISTER AND PAY ONLINE:
[HTTP://NOVAKIAIKIDO.ORG/NEWS-UPDATES.PHP](http://NOVAKIAIKIDO.ORG/NEWS-UPDATES.PHP)

HOTEL INFORMATION:
 RESIDENCE INN BY MARRIOTT FAIRFAX MERRIFIELD
 DEADLINE FOR GROUP RATE RESERVATIONS DEC 20, 2024

FOR ADDITIONAL INFORMATION:
 SALLY MILLS SENSEI
 EMAIL: SALLY.F.MILLS@GMAIL.COM
 PHONE: 952.693.1703

2025

EASTERN KI FEDERATION NEW YEAR'S SEMINAR

Come join **Rich Fryling Sensei**, 6th Dan and Chief Instructor Eastern Ki Federation and **David Shaner Sensei**, 8th Dan and Senior Advisor Eastern Ki Federation for the 2025 New Year's Seminar hosted by Northern Virginia Ki Aikido, located in Merrifield, Virginia.

We are excited to welcome all students regardless of rank and experience.



Northern Virginia Ki Aikido will also be hosting a special Celebration Banquet for **Bob Gardner Sensei**, 6th Dan, Senior Advisor Loudoun Valley Ki Society on Saturday, January 11th. Come join us in celebrating a remarkable life dedicated to the principles of Ki Aikido.

FRIDAY	SATURDAY	SUNDAY
5:30pm Dojo Opens	8:00am Dojo Opens	8:00am Dojo Opens
6:00pm – 8:00 pm Seminar	9:00am – 12:00pm Seminar	9:00am – 12:00pm Seminar
8:30pm Dinner and Social	12:00pm – 1:30pm Lunch	
	1:30pm – 4:00pm Seminar	
	5:00pm Celebration Banquet (\$40 per person)	

SEMINAR COSTS

FULL SEMINAR (ALL 3 DAYS)

\$160.00 IF PAID BY 12/20/24

\$190.00 IF PAID AFTER 12/20/24

FRIDAY ONLY: \$50.00

SATURDAY ONLY: \$90.00

SUNDAY ONLY: \$50.00

BANQUET: \$40.00 PER PERSON
(NOT INCLUDED IN SEMINAR FEES)



REGISTRATION FORM

NAME:	HOME DOJO:
EMAIL:	AIKIDO RANK:
PHONE:	KI RANK:
ADDRESS:	DIETARY NEEDS:

WAIVER

ARTICLES OF RELEASE FROM LIABILITY AND ASSUMPTION OF RISK:

I certify that I am in good health and haven't any physical defect that would endanger my health in participation and practice of Shinshin Toitsu Aikido and/or Ki training. I hereby release and discharge the International Ki Society, Eastern Ki Federation, and the Northern Virginia Ki-Aikido Dojo its officers, instructors, participants, and affiliated member clubs from any liability whatsoever, resulting from or in any manner arising out of an injury, loss or damage that may be sustained to me or my property on account of my participation, and/or transportation connected with herein said activity. I represent and covenant at the time of signing this release application, I am legally competent to execute it and that before signing it, I have fully informed myself of its contents and execute it with full knowledge thereof.

SIGNED:	SIGNED BY PARENT OR GUARDIAN (IF UNDER 18):
NAME:	NAME OF PARENT OR GUARDIAN (IF UNDER 18):