



# SEIDOKAN DOJO KENSHUE

**Friday, October 23, Saturday,  
October 24, 2009**

**Special Guest Instructor:**

Fred Haynes Sensei, 7<sup>th</sup> Dan  
Island Aikido, Saanich, BC

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**Friday, October 23<sup>rd</sup>**

Evening Session      7:00PM to 8:30PM

**Saturday, October 24<sup>th</sup>**

Morning Session      10:30AM – Noon

Afternoon Session      1:00PM – 2:30PM

**Cost:** \$15/session or \$30 for all sessions

**Contact:** Patrick Winter - 905-864-6557