

Shunpukan Spirit

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Flyers are still available for distribution!

That Holiday Feeling...

Soon enough, the holiday season will have come and gone. Then, it's the start of a new year!

This past year has been one of many changes. But with each change seems to come some return of the old. With each student that leaves us, another joins. And out of the blue, a missing but not forgotten Sr. returns.

Like a gift that is opened on Christmas morning, the arrival of new students brings an element of freshness to the dojo. A new start, a opportunity, a new life.

The return of an old friend also seems like a gift. A surprise of renewed training. A feeling of returning to the past. A chance to catch up on family.

Give the Gift of Aikido

With the holidays fast approaching, its time to start planning your gifts. You can give Aikido to a friend, and also give it to yourself. There are many ways you can do this.

One way is by bringing a friend. If you have a friend that is interested, call ahead and check for availability of a free lesson. Most nights we can accommodate a friend.

The second way is to buy gift certificates.

Please remember to book the date of December 13th free. That is the day we have earmarked for the dojo Holiday Party. Starting with a kids party in the a.m. at the dojo, and ending with an adult party in the p.m. (location to be determined).

Please maintain your training, even as the holiday season arrives. Too often we neglect ourselves while busy doing the festive family events, followed by Holidays, feasting and lazing around, only to find ourselves sluggish and regretting not staying at it.

Feel free to pop in for a visit, even if not able to train. New or old it's always a treat when we meet with friends.

We now can provide gift certificates for training in monthly, quarterly, yearly denominations as well as per class. Contact Alan at the office, or by cell at 416-835-2532 for details/pricing.

Third way to share Aikido is by purchasing a calendar. This is a great gift idea as well as a great way to support the dojo.

And finally, the best way to give the gift of Aikido, is to get yourself down to the dojo to train. The more students on hand,

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Special points of interest:

- Dojo Holiday Schedule to be posted to our site shortly.
- ShinbokuKai – Friday Nov. 28th
- New time (7:00) for Wednesday kids Class
- Aikido Pictures wanted...please contact the office



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Shinbokukai

Friendship Night, at the dojo.
Food to be determined.
\$10.00 per person.
Everyone invited.
Even if not training.

Class Schedule!

Monday, Friday:

7:30 p.m. – 9:00 p.m. All Level Class

Tues:

1:00 p.m.—2:30 p.m. All Level Class

P.M. TBA

Weds:

6:30 p.m. – 7:30 p.m. Children's Class

8:00 p.m. – 9:30 p.m. All Level Class

Thurs:

1:00 p.m.—2:30 p.m. All Level Class

7:30 p.m. – 9:00 p.m. All Level Class

Sat:

9:30 a.m. – 10:30 a.m. Children's Class

Sun:

9:30 a.m.—11:00 a.m. All Level Class

Reserved for Mailing label

Day Classes and Private Lessons

Every Tuesday and Thursday brings an interesting change. One day there is nobody training. Then out of the blue, we see Don Gain (Nidan) make a pleasant return. Along with him is two potential students.

Next day, we get another surprise. Nick Mazzoli (Ikyu), pro football player (Retired) and current Sandwich King joins in for a class.

The end result is a great couple of days of training, remembering, stretching and complaining of old war wounds. With Hasegawa, Marvin and Sensei all talking about being back in Nov./ Dec. we just may see an influx of Sr.'s like has not been seen in a while.

Join us for classes day, night, or call about private lessons if your time is really tight. We aim to provide training whenever possible!

Kids Korner

Congratulations go out to our newest yellow belts Maysen and Gregory. November also sees a large number of youth being tested. Adult assistants are required at all classes. If free, please attend.



Please remember that effective Wednesday Nov 12th, that all Wednesday Kids Classes will start at 7:00 p.m. and end at 8:00 p.m.

The Christmas Party is scheduled for December 14th 2004 and will be a potluck at the dojo.



Customized Dojo Calendars—Now available
Order forms available at the dojo or online at
www.torontoaikido.com