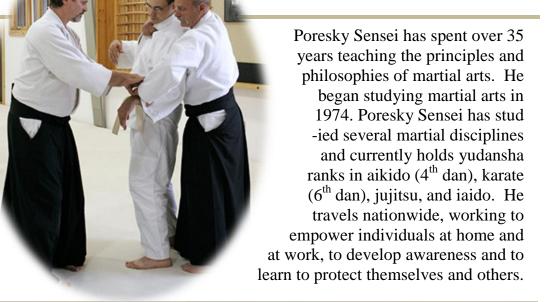
Capital Aikido-Lincoln is pleased to host

Bob Poresky, Sensei

5th Dan, Capital Aikikai-Syracuse, October 3-5, 2014

Bob Poresky, Shidoin, is chief instructor at Capital Aikikai of Syracuse, an extension of Capital Aikikai in Silver Spring, MD under the direction of Clyde Takeguchi, Shihan. He is also a member of the Capital Aikido Federation Directing Committee.



Classes:



Friday 7:00pm Saturday 10:00am & 2:00pm

Sunday 10:00am

Fees:

\$60 weekend \$40 Saturday only









Potluck Saturday evening! For more information, visit capitalaikidolincoln.org or

