



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.



Poresky Sensei has spent over 35 years teaching the principles and philosophies of martial arts. He began studying martial arts in 1974. Poresky Sensei has studied several martial disciplines and currently holds yudansha ranks in aikido (4th dan), karate (6th dan), jujitsu, and iaido. He travels nationwide, working to empower individuals at home and at work, to develop awareness and to learn to protect themselves and others.

Classes:



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

Fees:

\$60 weekend
\$40 Saturday only



*Photos by Noel Judd

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

