

**EKF General Seminar  
Self-Defense**

**Friday, March 20th, 2009**

5:30 Registration  
6:00-8:00 Testing  
8:00 Friday night social at Zimmerman  
residence

**Saturday, March 21st, 2009**

9:00 – 12:00 Aikido  
12:00 – 1:00 Lunch  
1:00 – 4:00 Aikido/Weapons

**Location:** Appalachian Ki Aikido (Boone Podiatry)  
610 State Farm Road  
Boone NC 28607  
Directions: (see Mapquest)

**Instructor:** Terry Pierce, Sensei, 7th Dan, EKF

**Price:** Friday & Saturday - **\$50.00** (Student \$40.00)  
Friday only **\$20.00**  
Saturday only **\$40.00**  
Friday Night Social **\$10.00**  
Saturday lunch **\$5.00**

**RSVP:** Please e-mail info [pzimmerman4692@charter.net](mailto:pzimmerman4692@charter.net)  
(828)773-4172 [www.appkiaikido.org](http://www.appkiaikido.org)

**Place to stay:** If you need a place to stay in Boone on Friday and don't mind sleeping on the couch or on the floor, we have limited spots at dojo members residences, as well; the dojo is available for those with sleeping bags.

**Motels & Hotels:** There are many motels, in Boone, all within a mile from the dojo. <http://hotel-guides.us/north-carolina/boone-nc-hotels.html>. Under "Find Hotels near..."; click on the "Street Address". You can type in the dojo address above and find a whole bunch of choices.

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