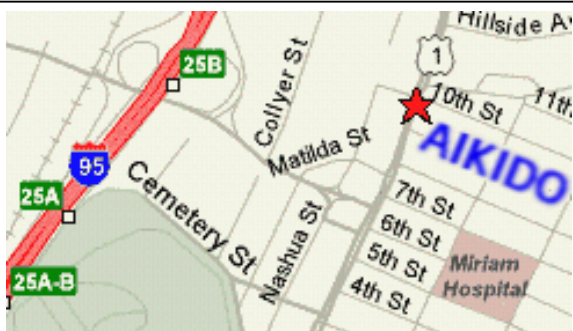


**Directions & Lodging Information**  
[www.budojo.com](http://www.budojo.com)



**146 South:** Take Admiral St Exit. Turn left onto Admiral and right onto Charles. Bear right onto Ashburton, and swing around the Mobil Station onto Charles. Take the **95 North** ramp.

**95 North:** Take Exit 25A at North Main Street. Turn left at the light onto N. Main St.

**95 South:** Take Exit 25 at N. Main St. Turn left at the light at the end of the exit. Go through the next light and bend right. Turn Left at the stop sign. Turn left at the light onto N. Main St.

**On North Main Street:** Go through two lights. Turn left at the third light onto White Street. Turn left at the bend into our parking lot. Enter in the back door [Aikido]. Aikido - Eastside is next to JavaSpeed Scooters.

**Parking:** We have our own parking lot in the back, or you can park on the street around the block of the dojo.

**Hotels:** (Please see [www.sidestep.com](http://www.sidestep.com)

for inexpensive hotels just outside the city!)

Courtyard Marriott	888-887-7955
Holiday Inn Providence	800-465-4329
The Old Court B&B	401-751-2002
What Cheer! B&B	401-351-6111

**Hotels Outside Providence:**

Attleboro Days Inn	508-761-4825
Motel 6 Providence-Seekonk	508-336-7800

合氣道

A non-profit community dedicated to peace, health, and safety.

**Aikido - Eastside**  
1282 North Main Street  
Providence, RI 02904-1830

# Aikido – Eastside

Providence, RI

Presents...

**2006 Birankai Fall Aikido Seminar**

**October 21, 2006**

**Aikido, Aiki-Sword, & Aiki-Staff**



*Instruction by...*

**Lorraine DiAnne Shihan, 6<sup>th</sup> Dan**

**Aikido – Eastside**  
1282 North Main Street  
Providence, RI 02904-1830

**Reservations: (401)274-7671**  
**Dojo: (401)274-7672**  
**Email: [event@budojo.com](mailto:event@budojo.com)**

# Lorraine DiAnne Shihan, 6<sup>th</sup> Dan

Birankai Fall Aikido Seminar in Providence, RI  
October 21, 2006

## RESERVATION FORM

Please complete this form and mail today to ensure your space at the seminar. A \$5.00 discount in seminar fee may be applied for early registrations by October 7, 2006.

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Dojo Name: \_\_\_\_\_

Your Martial Art & Rank: \_\_\_\_\_

### Registration Fee Schedule:

Saturday 10/21/06: \$ 60.00

Early registration discount: \$5.00 by 10/07/06: \_\_\_\_\_

Check Number: \_\_\_\_\_ Total Fee: \_\_\_\_\_

Please make check payable to "MSMA" and mail with this form to: Aikido - Eastside, 2006 Aikido Seminar, 1282 N. Main St, Providence, RI 02904-1830. A portion of your registration fee will go to help defray the cost of sending eight Birankai Shihan to Tokyo, Japan in November, 2006.

Note: Refreshments Provided During Event.

Web Sites For More Information:

Westside Aikido: [www.westsideaikido.com](http://www.westsideaikido.com)  
Aikido - Eastside: [www.budojo.com](http://www.budojo.com)

## Aikido - Eastside

2006 Birankai Fall Aikido Seminar

All Seminar Workshops are open to students with a sufficient level of experience in ukemi: rolling and breakfalling skills. Pre-register for your workshops to reserve your place!

Saturday, October 21:

W1: Aikido Workshop 10:30-11:30

W2: Aikido Workshop 11:45-12:45

Refreshments 12:45-1:30

W3: Aikido Workshop 1:30-2:30

W4: Aikido Workshop 2:45-3:45

Group Dinner: Haruki East Japanese 5:00



**QUESTIONS about your qualifications to attend this seminar? Please contact Michael Werth Sensei at (401)274-7671 or email to [event@budojo.com](mailto:event@budojo.com) . Thank you!**

**Birankai 2006 Summer Seminar** with Lorraine DiAnne Shihan is an opportunity for Aikido – Eastside to host our friends in the Birankai community as well as to learn the fundamentals of the art of Aikido from a long-time senior student of T. K. Chiba Shihan and certified Birankai instructor. Please join us in the historic city of Providence, RI for an inspiring afternoon of great Aikido practice and optional dinner in the city at Haruki East.

**LORRAINE DIANNE SHIHAN** is the director and chief instructor of Westside Aikido in West Springfield, Mass. She has been a student of Aikido for over 30 years and was promoted to Shihan in January of 2004 by T. K. Chiba Shihan, 8<sup>th</sup> Dan, of Birankai International.

DiAnne Sensei says, "Teaching is an incredible experience. It doesn't matter what mood I'm in when I get there. As soon as I am teaching, I am so happy. When students understand, make a breakthrough, or get excited about something they've done, I feel good. It's a feeling that can't be matched in any other way."

Lorraine DiAnne Shihan is a wonderful, caring, and top-notch teacher of Aikido. Jonathan G. Koomey, Ph.D., and former student of DiAnne Sensei writes in *Turning Numbers Into Knowledge: The Art of Analysis in the Information Age; How to Conquer Fear*: "I began my Aikido studies with Lorraine DiAnne Sensei, who was then a fourth degree black belt. Soon after I began, I tried to learn a particularly challenging type of fall. For whatever reason, these falls terrified me. When being thrown in this way, I stiffened instead of relaxing, which greatly increased my chance of injury. I recognized this problem and asked DiAnne Sensei how to overcome it. 'Everyone has fear', she said. 'The best way to move past it is to practice the scary movement slowly and deliberately until it seems natural, then gradually speed it up'."