

### Hotels near Two Cranes Aikido

8512 20<sup>th</sup> Ave NE  
Seattle, WA 98115  
206-523-5503

1.73 mi - Silver Cloud Inn University  
5036 25<sup>th</sup> Ave NE - 206-526-5200  
[www.silvercloud.com](http://www.silvercloud.com)

1.75 mi – Hotel Nexus  
2140 N. Northgate Way - 206-365-0700 or 866-863-8368  
[www.hotelnexusseattle.com](http://www.hotelnexusseattle.com)

1.89 mi – Seattle University Travelodge  
4725 25<sup>th</sup> Ave NE - 206-441-7878  
[www.travelodge.com](http://www.travelodge.com)

2.31 mi – University Inn Seattle  
4140 Roosevelt Way NE - 206-632-5055  
[www.universityinnseattle.com](http://www.universityinnseattle.com)

.44mi – Inn Harmony Guest House  
7842 Lake City Way NE - 206-922-3391  
[www.innharmonyguesthouse.com](http://www.innharmonyguesthouse.com)

1.75 mi- Chambered Nautilus B & B  
5005 22<sup>nd</sup> Ave NE - 206-522-2536  
[www.chamberednautilus.com](http://www.chamberednautilus.com)



### The Seattle Aikido Bridge

### Friendship Seminar

October 1- 4, 2009



Sponsored by  
Aikido Northshore and Two Cranes Aikido

Aikido Northshore and Two Cranes Aikido invite you to attend the first Seattle Aikido Bridge Friendship seminar. Please join us for four days of training.

We are honored to have as our main instructors

**Hiroshi Ikeda, Shihan**  
and  
**Mary Heiny, 6<sup>th</sup> Dan**

The bridge format will also include several local guest instructors from the Seattle Aikido Community including:

Kimberly Richardson, 6<sup>th</sup> Dan – [www.twocranesaikido.com](http://www.twocranesaikido.com)

Joanne Veneziano, 6<sup>th</sup> Dan – [www.emeraldcityaikido.com](http://www.emeraldcityaikido.com)

Pam Cooper, 5<sup>th</sup> Dan – [www.aikidows.com](http://www.aikidows.com)

Sifu Ken Wright – [kwright@bellevuecollege.edu](mailto:kwright@bellevuecollege.edu)

George Ledyard, 6<sup>th</sup> Dan – [www.aikieast.com](http://www.aikieast.com)

Lee Crawford, 5<sup>th</sup> Dan – [www.aikidonorthshore.com](http://www.aikidonorthshore.com)

Darren McKee, 5<sup>th</sup> Dan – [www.westseattleaikikai.com](http://www.westseattleaikikai.com)

Malory Graham, 5<sup>th</sup> Dan – [www.pugetsoundaikikai.com](http://www.pugetsoundaikikai.com)

A full schedule of classes will be available at the seminar.

Training will begin at 6:30pm Thursday evening and end at noon on Sunday. All classes will be held at Two Cranes Aikido located at 8512 20<sup>th</sup> Ave NE, Seattle – 206-523-5503.

	Fee	After 9/15
Full Seminar – 4 days	\$175	\$200
Partial Seminar – 3 days	\$150	\$175
One Long Day	\$100	
One Short Day	\$50	
Saturday banquet	\$25	

Registration for the banquet closes 9/15.

Pre-registration is appreciated. Registration is limited to 125 participants. On-line registration available on the website or send checks payable to:

Seattle Aikido Bridge  
c/o Aikido Northshore  
11232 120<sup>th</sup> Ave NE, #105  
Kirkland, WA 98033

For more information call us at (425) 828-9794 or email [bridge@aikidonorthshore.com](mailto:bridge@aikidonorthshore.com)

For additional registration forms or to register on-line go to: [www.aikidonorthshore.com/seattlebridge](http://www.aikidonorthshore.com/seattlebridge)