



# Frank Ostoff

5<sup>th</sup> Dan Aikikai Tokyo  
Aikido Institut Hamburg

**Seattle, Wa**  
**June 3-6**



## June 3-4

YUDANSHA WORKSHOP

\$100

Thursday 09:00-12:00

14:30-16:30

Friday 09:00-12:00

14:30-16:30

Both Seminars: \$150



## June 5-6

ALL LEVELS WORKSHOP

\$90

Saturday 10:00-12:00

15:00-17:30

Sunday 10:00-13:00

Sat: \$50

Sun: \$45

### Location:

Puget Sound Aikikai dojo, 101 Nickerson St. #130 Seattle, WA 98109

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