

# Dave Comi Sensei

## KOKIKAI AIKIDO BASIC PRINCIPLES

- Keep One Point (to develop calmness)
- Relax (progressively)
- Correct Posture (in everything)
- Positive Mind (develop positive mind)

- **October 24th**
  - 10:30 to 12:30 Class
  - 12:30 to 2:30 Lunch (TBA)
  - 2:30 to 5:00 Class
  - 5 till ?? Open Mat and Order-In dinner at the Dojo
- **October 25th**
  - 10:00 – Noon Open Mat

- › Ukemi
- › What Does Sensei feel like?
- › Requests

**\$20 Seminar Fee**