



ABIDING SPIRIT AIKIKAI

“Strikes and Slices”
with
Jeff Hempel Sensei, 5 Dan
March 4, 2017



Training
Schedule:

12:00 pm-
4:00 pm

Fee: \$50

829 Virginia Road, Crystal Lake, IL 60014
www.abidingspiritcenter.org (815) 444-6019



Abiding Spirit Aikikai is a member of the Aikido Shimbokukai

Seminar with Jeff Hempel Sensei, March 4, 2017

Jeff Hempel Sensei has studied martial arts since 1982. He is a 5th dan in Aikido as well as a 4th dan in Karate. In addition to those ranks, Jeff Sensei also holds rank in Iai-Do and studied Jeet Kune Do (JKD) for eight years. In 2008, Tetsutaka Sugawara Sensei named him as an official Katori Shinto-ryu teacher and granted him a Kyoshi (teacher's) License. Hempel Sensei has dedicated a great portion of his life to the study and teaching of martial arts. He is the director and head instructor of the youth Aikido program at Aikido of Madison, where he teaches adult Aikido classes as well. In addition, Jeff Sensei is the head karate instructor at East Madison Martial Arts -- the karate and Katori Shinto-ryu dojo he co-owns and operates in Madison, WI.

Registration and Waiver Form

REGISTRATION:

Name: _____

Address: _____

City/State/Zip _____ **Telephone Number:** _____

Email Address: _____

Dojo / Affiliation / Rank: _____

Payment:

___ by check to "Abiding Spirit Center". Mail to 829 Virginia Road, Suite E, Crystal Lake, IL 60014.

___ by Visa or MasterCard (please circle one)

Name on Card _____ Number _____

Expiration Date _____ CVV Code _____

___ by PayPal (AbidingSpiritCenter@gmail.com)

WAIVER:

In consideration for the privilege of participating in Abiding Spirit Center, Inc. classes, I, the undersigned, releases, acquits and forever discharges Abiding Spirit Center, Inc., and each of its officers, agents and employees of and from any and all claims, demands and causes of action which the undersigned may now or shall here after have or claim for on account of, or deriving in any manner from any injury to person or damage to property of any nature, arising out of participation in the martial arts classes and/or other activities herein described, or any activity or travel related thereto or attendance thereat. The obligations and undertakings herein expressed shall be binding upon the heirs, executors, administrators, representatives and assignees of the undersigned. I realize that the practice of martial arts contains an inherent risk of personal injury and I hereby assume that risk.

Signature _____ Date _____

Emergency Contact Name and TEL _____