

*Marple Aikido and Manchester Aikido are pleased to host a joint course  
with guest instructor*

# Mimuro Sensei

## 6th Dan (Hombu)



**Time:** Sunday 3rd January 2010  
12.30pm to 4.30pm (registration from 12pm)

**Cost:** £15 (£7 concessions and juniors)

**Location:** TargetLife Gym, Marple Sixth Form College

**Contact:** [info@marpleaikido.org.uk](mailto:info@marpleaikido.org.uk)  
0161 449 7474                      0161 427 8842

**Further info:** [www.marpleaikido.org.uk](http://www.marpleaikido.org.uk)

*All associations welcome*

*Mimuro Sensei is the Director of The Yokohama International Aikido Club  
and Coach of Meiji University Aikido Club, Tokyo.  
He trained for more than 20 years under the late Seigo Yamaguchi Shihan.*

# *Mimuro Sensei*

## *3rd January 2010*

### *12.30-4.30*

*The Manchester and Marple clubs are delighted to welcome Mimuro Sensei as guest instructor for this first course of the New Year.*

*If you have attended one of Mimuro Sensei's classes before you will know that you can expect excellent aikido in a friendly atmosphere.*

*We are all in for a treat!*

#### ***Location:***

TargetLife Gym,  
Cheadle and Marple Sixth Form College,  
Hibbert Lane  
Marple,  
Stockport, SK6 7PA

Useful directions are here:

<http://www.camsfc.ac.uk/info1/325/How-to-Find-Us>

NB please make sure you follow directions to the Marple Campus

There are changing rooms with showers

#### ***Insurance***

You will need to bring proof of valid BAB insurance with you. For non BAB members, insurance and temporary Association membership is available at an additional cost of £5

#### ***Juniors - from age 8***

Will have a specified area of the mat but will not have special instruction.

They must be accompanied by a responsible adult and there must always be an aikidoka from their association willing to keep an eye on them on the mat.

They can do as much or as little practise as is appropriate but should be present at the start of the course.

Places will be limited, so if you wish to bring juniors please let us know [info@marpleaikido.org.uk](mailto:info@marpleaikido.org.uk)

#### ***Course meal :***

The Tapas Wine bar  
48 Stockport Road  
Marple  
<http://www.murillos.com/>  
(5 minutes walk from the dojo, parking at rear)  
From 6.30

Early birds can enjoy a drink in the bar as soon as they are ready.

Cost £12.50 for tapas and garlic bread (please pay for drinks and extras as you order them)

Please let us know whether you will be coming to the meal asap  
[info@marpleaikido.org.uk](mailto:info@marpleaikido.org.uk)

#### ***Meal Deposit***

£5 (non-refundable) required by

**Friday 11 December**

Cheques to  
Marple Aikido,  
Ridge Farm,  
79 The Ridge,  
Marple, SK6 7ER