

# Aikido Seminar at Lake Tahoe

**Richard Strozzi-Heckler Sensei and  
Linda Holiday Sensei**

**Sept 30<sup>th</sup> - Oct 2<sup>nd</sup> 2016**



We invite you all to come and train in the beautiful Sierra Nevada Mountains at Lake Tahoe for the weekend of September 30th - October 2nd

Friday 5pm – 7:15pm; Sat 7am-5:30pm; and Sun 7:30am till 1pm

Early morning classes (Meditation, Shin Kokyu or Weapons training) are held on the shores of Lake Tahoe. Mat classes are held at the Incline Village Recreational Center.

Lakefront housing with spectacular views, use of kitchen, private jetty, kayaks and a hot tub available on a 'first come' basis Thursday through Sunday nights..

- Friday and Saturday night lodging, seminar & Sat night dinner from \$260
- Lodging on Thurs and Sunday nights from \$30 / night extra
- All classes & Saturday night dinner (no lodging) \$165
- Per day / per class training options available - see registration form for details

Our houses and cabins are set up for 'dorm style' lodging with shared bath. Some private lakefront accommodation options are available at additional cost – contact us for information

**[www.truckeeaikido.com](http://www.truckeeaikido.com) (530) 448 3332. [Kahlil@kahlila.com](mailto:Kahlil@kahlila.com)**

**SEMINAR REGISTRATION**  
**Richard Strozzi-Heckler Sensei and Linda Holiday Sensei**  
Sept 30<sup>th</sup> – Oct 2<sup>nd</sup> 2016

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Dojo: \_\_\_\_\_ Rank: \_\_\_\_\_

**LODGING / SEMINAR PACKAGE** – please also complete the housing registration form

- Full Seminar & Fri/ Sat night lodging \$260 (\$290 after Sept 11 if space permits)
  - Stay on Thursday night for just \$30 extra.
  - Stay on Sunday night for just \$30 extra



**SEMINAR ONLY**

- All classes (& dinner) \$165 (\$175 after Sept 11)
- Saturday only \$95 (Dinner extra)
- Sunday only \$60
- Friday only \$40
- Saturday Dinner \$20 (Guests welcome but please sign up in advance)

We want everyone who wants to come and train to be able to join us – so please contact us if you wish to do work exchange

**Please make checks payable to: Truckee Aikido**

**Refund policy.**

Seminar and lodging fees are refundable before Sept 1st and are transferable to another person for same year participation up to 5 days prior to seminar (10% administration fee applies for all refunds / transfers).

**Liability Waiver** Aikido of Truckee, September 30<sup>th</sup> – Oct 2<sup>nd</sup> 2016, the undersigned, acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I understand that because of this there is always an inherent risk of injury that cannot be eliminated. I acknowledge that Aikido of Truckee carries no insurance against injury to any of the participants of this seminar. As a condition of being admitted to the Aikido of Truckee weekend retreat, I assume the risk of all injuries and do hereby hold Aikido of Truckee, its employees and agents, harmless from any and all liability (including attorney's fees and costs) for all claims, actions or damages due to injuries suffered by me or caused to a third party by me during the course of the Weekend Retreat, or arising out of the activities involving Aikido, or any variation thereof, whether occurring on the premises of the Weekend Retreat or elsewhere, excepting only those claims, actions or damages caused by the gross negligence or intentional act or omission of them.

I understand that Aikido in an educational system.

For the benefit of the training and safety of myself and other participants, I agree to conduct myself in a manner consistent with the rules of dojo etiquette and common sense safety observation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If the applicant is under eighteen (18) years of age; I, the undersigned, as a parent or guardian of the above applicant, certify that I have read the above contract and I consent to the applicant's receiving the instruction applied for, and I agree to the provisions of the contract for myself and the said applicant.

Signature of parent of guardian \_\_\_\_\_ Date: \_\_\_\_\_

**Mail registration form and check to Aikido of Truckee, 10533 Ponderosa, Truckee, CA 96161**  
**www.truckeeaikido.com (530) 448 3332. Kahlil@kahlila.com**

# Lodging at Lake Tahoe

## Sept 30<sup>th</sup> - Oct 2<sup>nd</sup> 2016

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Dojo: \_\_\_\_\_

I am: Male / Female

I plan on staying:

- Friday night**
- Saturday night**
- Add Thursday night** (additional \$30 per person)
- Add Sunday night** (additional \$30 per person)

If possible I would like to share a room with:

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Additional notes / requests \_\_\_\_\_

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Food Preferences – Please check if you have the following food preferences:

- \_\_\_ Vegetarian
- \_\_\_ Gluten Free

We will provide gluten free; dairy free & vegetarian dinner options. Please indicate if you

*We will do our best to house you with friends.*

*Please be considerate to others if you snore by arranging for private accommodations*

*Non training family members / significant others will be accommodated if space allows – or book early to secure one of our private lakefront rooms and cabins at an additional cost – contact us for details*

**Mail lodging form and check (payable to Truckee Aikido) to 10533 Ponderosa, Truckee, CA 96161**

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# Class Schedule

Richard Strozzi-Heckler Sensei and Linda Holiday Sensei

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## Friday

5pm-7:15pm Training at Incline Village Rec center

## Saturday

7:00am-8:15am Weapons class and meditation or Shin kokyu on Speedboat beach

10:30am-12:45pm Training at Incline Village Rec center

3:15pm-5:30pm Training at Incline Village Rec center

7:00pm Dinner Dinner (Bring your drink(s) of choice) - 9838 Lake Street, Kings Beach

## Sunday

7:30-8:45am Weapons class and meditation or Shin kokyu on Speedboat beach

10:45 - 1:00pm Training at Incline Village Rec center

***Incline Village Rec Center is located at 980 Incline Way, Incline Village, NV 89451***

Please bring tanto, bokken, jo & bo if you have them. (A jo can be used for the bo class if necessary)

*(Please check the website as all classes are subject to change)*

## **Accommodations**

If miss out on the great housing we are offering or would prefer to book your own there are many options for all budgets in the area.

Go to [www.gotahoenorth.com/lodging](http://www.gotahoenorth.com/lodging) or VRBO.com for options in or near Incline Village, Kings Beach or Crystal Bay.

## Camping

- Blue Waters Lodge & RV Park Kings Beach
- Primitive camping Lake Tahoe-Nevada State Park, Nevada 3 miles s of Incline Village 775-831-0494

## **Getting To Lake Tahoe**

Incline Village is on the Northern shores of Lake Tahoe close to Kings Beach or Crystal Bay

42 miles (1 hour) from Reno Airport,

96 miles (2 hrs) from Sacramento Airport,

196 miles (4 hours) from San Francisco Airport.

OR - Reduce your driving – check out Amtrak's California Zephr train from the Bay Area & rent a car from Enterprise or Hertz in Truckee