



# Traditional Aikido of Sonoma

*Aikido Gasshuku featuring:  
Hans Goto Sensei, 6<sup>th</sup> dan*

Goto Sensei has almost 40 years experience in the martial arts. His main focus has been Aikido, with extended residential training in Iwama, Japan at the Aikido Shrine under Morihiro Saito Shihan. He was one of the first non-Japanese citizens to undergo this intensive traditional style training.

This seminar will explore various Aikido techniques from "solid", "flexible", "flowing" and "energy" methods of training. There may be some weapons practice, so be sure bring your bokken & jo. There will be a lunch break from noon to 1pm.

*Sunday, April 5<sup>th</sup> from 10am to 3pm  
3168 Condo Court, Santa Rosa  
Adults: \$25 Members & Students: \$15*

For more information, call (707) 695-3418, email [dojo-cho@sonic.net](mailto:dojo-cho@sonic.net),  
or visit <http://traditional-aikido.com>