



**GUEST INSTRUCTOR
SEAMUS O'DOWD
SKIF - IRELAND**

**FRIDAY Sep 24
Yang Style Tai-Chi
Limited to 18 yrs & older
6:00—7:30 PM**

SATURDAY Sep 25

**MORNING SESSION
SKIF Karate-Do
9:30 AM - 10:45 AM
NO BO Kata
11:00 AM - 12:15 PM**

**AFTERNOON SESSION
SKIF Karate-Do
1:00 PM - 2:15 PM
NO BO Kata
2:30 PM - 3:45 PM**

**Limited number of rooms at
Holiday Inn Express
Rochester, NH
limited space available
register early
Group code is **OSS****

Make Payment TO:
Maine Shotokan Karate Association
PO Box 549
Farmington, ME 04938

Phone:
Work: 207 778-0413
Cell: 207 491-5874
E-mail: gunnermfc@gwi.net

FALL 2010 SKIF SEMINAR Rochester, NH September 24 & 25

REGISTRATION FORM

Name: _____

Address: _____

City, State, Zip Code: _____

Phone: _____ Age: _____

Home Dojo: _____

Rank: _____

All classes will be held at Steve Warren Sensei's Dojo
2nd floor of the Rochester Recreation Center—side entrance.

Waiver and Release of Liability

I hereby submit my application for participation in the FALL 2010 SKIF Seminar. I hereby acknowledge that there are possible risks of bodily injuries involved in participating in this event. I hereby waive and release any and all claims, causes of action, losses, damages, costs and expenses, including but not limited to attorney fees, either known or unknown, now existing or arising in the future, that I may have of whatever kind or nature against any event organizer, instructor, or anyone else involved in anyway with this event. . I hereby accept such risks and waive and release any and all claims and expenses (including but not limited to attorney fees, claims for damages, medical expenses, litigation and other costs, etc.), either known or unknown, now existing or arising in the future, that I may have of whatever kind or nature against any organizer, director, member, instructor, owner or anyone else involved in any way with this open course and associated activities, including but not limited to SKIF-Japan, SKIF-USA, New England Shotokan Karate-do, James P. Shea, Maine Shotokan Karate Association, Michael F. Cook, Rochester Recreation Shotokan Karate Club, Steven D. Warren, and/or Rochester Recreation Center, Seamus O'dowd, SKIF-Ireland, and the City of Rochester, New Hampshire. I fully understand signing this participation waiver and release.

PLEASE REGISTER ME FOR :		Cost
	Tai-Chi - Friday, Sep 24th 6:00 - 7:30 PM	\$30
	Sep 25—Morning Session or Afternoon Session Only (Adult)	\$45
	Sep 25—Full Day (Both Morning and Afternoon Session) Adult	\$60
	Sep 25—Youth (Full Day or 1/2 day)	\$30
Total \$		
Please make checks payable to: MAINE SHOTOKAN KARATE ASSOCIATION		

Signature _____ Date: _____

Guardian: _____ Date: _____