

# Summer 2015 Aikido Weapons Seminar



Philip Traunstein

Sensei, 6<sup>th</sup> Dan,

Birankai Shidoin

*In honor of T.K.  
Chiba Shihan, our  
beloved teacher.*

Fundraiser to support the  
**T.K. and Mitsuko Chiba Seminar Endowment Fund.**

Sunday, August 2, 2015 @ 11:00AM at

Rhode Island Aikikai ~ Eastside

Affiliated with  Birankai  
North America

Registration 10:15 ~ 10:45AM or by Web Site

@ [TraunsteinSensei.MainStMA.org](http://TraunsteinSensei.MainStMA.org)

Classes are 11:00AM ~ 2:30 PM (Adults & Serious Teens)

Pot Luck Dinner at the Dojo at 2:45 PM

Seminar Registration Fee: \$50.00 (or as you can afford ~ see web site)

Advance Registration Appreciated on Web Site

Please bring bokken and jyo.

Rhode Island Aikikai ~ Eastside @ Main Street Martial Arts

1282 North Main Street, Providence, RI 02904-1830

[traunsteinsensei.mainstma.org](http://traunsteinsensei.mainstma.org) 401-274-7672 [mwerth@mainstma.org](mailto:mwerth@mainstma.org)

Directions to the Dojo are on the back of this flier.

# Main Street Martial Arts

Home of Rhode Island Aikikai - Eastside

1282 North Main Street

Providence, Rhode Island (RI) 02904-1830

Phone: (401) 274-7672 - Email: [mwerth@mainstma.org](mailto:mwerth@mainstma.org) - Web Site: [traunsteinsensei.mainstma.org](http://traunsteinsensei.mainstma.org)

We are easily reachable by all highway points from

Connecticut (CT), Massachusetts (MA), and Rhode Island (RI).

We are located just off of Highway 95, Exit 25 (North Main Street) on the East Side of Providence at 1282 North Main Street, Providence, RI, and our main entrance and parking lot are in the BACK of the building behind Reliable Auto Service at the corner of North Main/White/10<sup>th</sup> Streets.

Take Highway 95 North from Connecticut or Southern Rhode Island.

Take Highway 95 South from Central Massachusetts (Boston).

From Southeastern Massachusetts (Cape Cod) or East Bay Rhode Island, take 195 West to 95 North.

From Western Massachusetts ( Mass. Pike I-90 East Exit 10 A ) to Worcester or from Northwestern Rhode Island, take 146 South to Admiral St Exit - Left at the End of the Exit - Right at the light at Charles St - Loop around the Mobil Station and Jump on 95 North Ramp to Exit 25.

We are accessible by Amtrak or Commuter Rail to the PVD Station. Then walk just outside the station and take the R/Line Bus Northbound to North Main Street. We are at the 9<sup>th</sup> Street stop on the R/Line just after Pep Boys (Ring the bell to Request the 9<sup>th</sup> St stop after 3<sup>rd</sup> St stop). Or, call us at 1-401-274-7672 when you pull into the PVD Station and we'll pick you up as the train station is just a couple of miles away from the dojo.