

Spring 2016 Aikido Seminar with



Philip Traunstein
Sensei, 6th 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, April 10, 2016 @ 11:00AM at
Rhode Island Aikikai ~ Eastside
Affiliated with 

Registration 10:15 ~ 10:45AM or by Web Site
@ 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 401-274-7672 mainstma@gmail.com

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: mainstma@gmail.com - Web Site: 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/10th/White 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 9th Street stop on the R/Line just after Pep Boys (Ring the bell to Request the 9th St stop after 3rd 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.