

Aikido SEMINAR



**Saturday
Sept 17, 2016**

with Instructors:

Thierry Diagona, Shidoin
Aikido Institute of San Francisco

Scott McSpadden, Shidoin
Aikido Institute of San Francisco

Rob Schenk, Shidoin
Chief Instructor,
Aikido Institute of San Francisco

2:00-3:00 pm

3:15-4:15 pm

4:30-5:30 pm

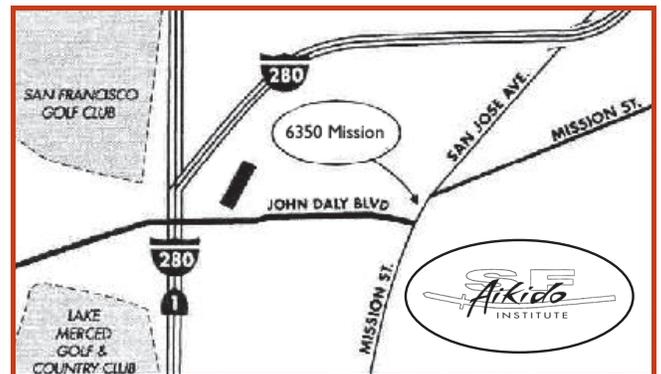
\$20

From the East (Bay Bridge)

I-80 W becomes US-101 S. Merge onto Hwy 280 south (Daly City). Exit at San Jose Blvd./Mission St. off ramp. San Jose Blvd. merges into Mission St. at the "Top of the Hill." The dojo is to your right.

From Hayward (San Mateo Bridge)

Take CA-92 W, cross the San Mateo Bridge. Exit onto US 101 N toward San Francisco. Take the exit (north of SFO) onto I-380 W toward San Bruno/Daly City. Take exit 5A to merge toward San Francisco, merge onto I-280 exit at the Daly City/Westlake off ramp. Merge onto Junipero Serra Blvd. Continue several blocks to John Daly Blvd. (BART Station) and turn right. Continue up the hill to Mission St. and turn left.



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