



Aikido of Berkeley

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\$150 FULL SEMINAR
\$100 SATURDAY ONLY
\$50 SUNDAY ONLY
\$50 FOR ANY SINGLE CLASS

register online at aikidoofberkeley.com
 or at the door



Shawn Ellingson started training back in 98, at Utah Aikikai, and has been part of the CAA division 2 organization under the instruction of Doran Shihan ever since.

He has studied many different systems and styles of Aikido. Ellingson Sensei focuses on the disciplines of Kaeshi Waza, Randori, while blending the techniques of Personal Self Defense, and Brazilian Jiu Jitsu. He is the Chief Instructor and Dojo Cho of Aikido Mountain West group. He holds the ranks of Godan awarded him by Michael Friedl Shihan, and Faxia Marrow, "Brown Belt" in Brazilian Jiu Jitsu. Awarded to him by Professor Eddie Edmunds.

SHAWN ELLINGSON

APRIL 18-19TH

SATURDAY, APRIL 18TH
 10:30AM – 12:30PM
 02:30PM – 04:30PM

SUNDAY, APRIL 19TH
 11:30AM – 1:30PM

Aikido principles,
 with **Brazilian**
jiu-jitsu techniques
 for self defense
 applications



Join our potluck dinner
 on **Saturday evening at 5pm.**
 Bring something tasty to share!