

**Seminar with**  
**Terry Wingrove 9<sup>th</sup> Dan Ju-jitsu 8<sup>th</sup> Dan Karate**  
**&**  
**Alan Ruddock 6<sup>th</sup> Dan Aikido**

**Leeds Shinseido** and the **Kaizen Martial Arts Academy** present a seminar with Sensei Terry Wingrove & Sensei Alan Ruddock.

Sensei Wingrove trained in Japan for 21 years, with some of the great masters of Japanese & Okinawan martial arts. He now teaches authentic old style Yawara (Jujitsu) & Karate-jutsu throughout the world.

Sensei Ruddock studied for 3 years in Japan at the dojo of Morihei Ueshiba, the founder of Aikido, and endeavours to teach Ueshiba's Aikido exactly as he learned it.



**Where:** **Kaizen Martial Arts Academy, Swinnow Grange Mills, Stanningley, Leeds, LS13 4EP.**

**When:** **10.30 am – 4 pm Sunday 21<sup>st</sup> February 2010**

Doors open 10 am, please arrive in time to register and be on the mat, warmed up by 10.30 am

**Cost:** **£15 (includes buffet lunch)**

**All profits will be donated to the Richard House Children's Hospice**

For further details or to book a place contact:

Mike Flanagan 07939 506340  
**[www.headingleykarate.org](http://www.headingleykarate.org)**

OR Jim Reece 0113 2690383  
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