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**AIKIDO**

**Satomi Kai Aikido Club  
Stowmarket**

**Would like to invite you to an Aikido  
course with guest instructor:**

**Sensei Bill Harris**  
**(7th Dan KSK)**

**Sunday 28th June 2009**

**10:30 am - 5.00 pm**

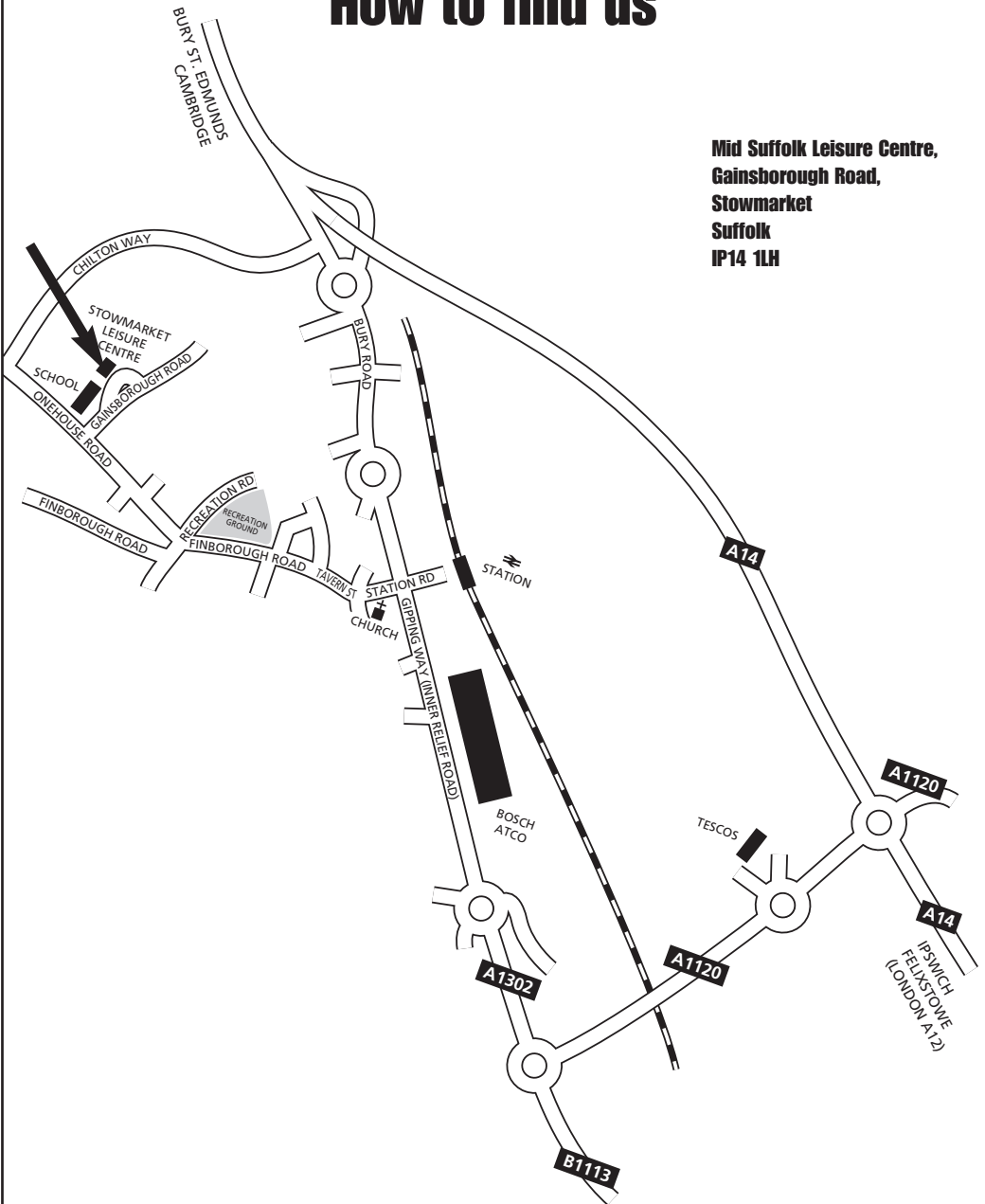
**Cost £10.00**

**Mid Suffolk Leisure Centre,  
Gainsborough Road, Stowmarket IP14 1LH  
Main Hall**

**Please bring Jo, Bokken & Proof of insurance.**

# How to find us

**Mid Suffolk Leisure Centre,  
Gainsborough Road,  
Stowmarket  
Suffolk  
IP14 1LH**



**More info please contact:  
[aikido@precepts.co.uk](mailto:aikido@precepts.co.uk)**