



Let us love and protect all creation and help all things grow and develop.

**FURMAN UNIVERSITY KI-AIKIDO
and
SOUTH CAROLINA KI-AIKIDO**

IS PLEASED TO HOST

**DAVID SHANER SENSEI, 8TH DAN
CHIEF INSTRUCTOR, EASTERN KI FEDERATION**

EKF – NOVEMBER INTENSIVE

November 8-10, 2019 – Furman University, Greenville, SC

Instructor: David Shaner Sensei, 8th Dan, Chief Instructor, EKF

Date & Time: **Friday, November 8, 2019**

6:00 – 7:45pm

Ki and Ki-Aikido Training – PAC

8:00 –

Social Drop-In – The Shaners

Saturday, November 9, 2019

7:15am – 8:30am

Meditation - Hei-Sei-Ji

9:00am – 12:00pm

Ki and Ki-Aikido Training – PAC

12:00 – 1:30pm

Lunch

1:30 – 4:30pm

Ki and Ki-Aikido Training - PAC

6:30pm -

TBD

Sunday, November 10, 2019

7:15am – 8:30am

Meditation - Hei-Sei-Ji

9:00am – 12:00pm

Ki and Ki-Aikido Training – PAC

A NOTE ABOUT THE EKF NOVEMBER INTENSIVE

This training is open to all ranks and will focus upon various kinds of ki testing. Special emphasis will be given to Authorized Examiners learning "How to See", especially in relation to advanced ki testing (all levels) and taigi instruction.

Yudansha attendees are asked to prepare two taigis for the Intensive so we can all participate in demonstrating and "seeing" in accord with all three taigi criteria. This process will help all attendees to deepen their understanding of testing requirements and criteria for each level of Shinshin Toitsudo and Shinshin Toitsu Aikido.

- 1 – Balance – Tests visually for Keep One Point**
- 2 – Rhythm – Tests visually for Relaxation**
- 3 – Largeness – Tests visually for Ki Is Extending**

**Seminar
Location**

Furman University – PAC Dance Studio
3300 Poinsett Hwy
Greenville SC 29613

Morning Meditation – *Hei-Sei-Ji* – The Place of Peace

Directions – Follow this link [Furman Map](#) or this link [Google maps](#).

Cost:

Friday - Sunday **\$125.00** (Includes Friday Social)
 \$100.00 (Students/Seniors)

**Coming Soon - PayPal Link at
www.southcarolinakiaikido.com**

**PLEASE COMMUNICATE YOUR INTENTION TO ATTEND BOTH WITH
US AND YOUR HEAD INSTRUCTOR**

RSVP:

Please e-mail info to: eric.harrell@mac.com
864-414-5522 – <http://www.southcarolinakiaikido.com>

Motels & Hotels: The 2 closest motels to Furman are:

[Best Western - Travelers Rest](#)

110 Hawkins Rd.
Travelers Rest, SC
864-834-7040

[Hampton Inn Travelers Rest](#)

593 Roe Center Court
Travelers Rest, SC
864-834-5550