

# Teitokan Aikido Club

## Presents Lia Suzuki – 5th Dan



Lia Suzuki, 5th dan, has been practicing Aikido for almost 25 years. She trained under Takeda Shihan in Japan from 1987 to 1996. During those nine years, she forged lasting bonds with Takeda Shihan's students from Japan and all over the world.

In 1996, at Takeda Sensei's direction, she returned to the USA and established the AKI Pennsylvania Dojo. In 1999 Lia Sensei began another dojo in Santa Barbara to establish AKI on the west coast. Both dojo continue under her careful direction and support and there are many visits and exchanges between the California and Pennsylvania groups.

**Please contact Peter Nowak (details below) if you wish to attend the seminar.**

### Seminar Schedule:

Saturday 30<sup>th</sup> June 1-5pm

Sunday 1<sup>st</sup> July 10-2pm

### Contact:

Instructor: Peter Nowak Sensei 2<sup>nd</sup> Dan – British Aikido Federation

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Phone: 020 8395 1302

### Location:

Teitokan Dojo  
Tudor Hall  
Tudor Drive  
Kingston Upon Thames  
Surrey

For Directions to Teitokan Dojo see reverse or visit:  
[www.users.waitrose.com/~teitokan/info.html](http://www.users.waitrose.com/~teitokan/info.html)

For Information on Lia Suzuki Sensei please visit  
[www.aikidokenkyukaipennsylvania.org](http://www.aikidokenkyukaipennsylvania.org)