

Traditional Aikido of Colorado Springs Aikido Seminar – Patricia Hendricks Shihan – Oct 18-20 2024 Seminar Notes

Seminar Schedule

Friday Evening (Traditional Aikido of Colorado Springs Dojo)

Check-In: 6:00P - 6:30P

Special Keiko: 6:30P - 7:00P

Saturday (Seminar Venue)

Check-In: 10:00A - 10:30A

Training: 10:30A - 12:45P

Lunch: 12:45P - 2:00P

Training: 2:15P – 5:00P

Dinner at a Local Restaurant: 6:00P+ (additional cost)

Sunday (Seminar Venue)

Check-In: 9:30A - 10:00A

Training: 10:00A - 12:15P

Lunch: 12:15P - 1:30P

Training: 2:00P – 4:15P

Please bring weapons (bokken and jo)!

The schedule is subject to modification. Please visit <https://cos-aikido.com/hendricks-shihan-cos-seminar-2024/>, or scan the QR code below for the most up to date info on the venue location and the schedule.

Payment and Administrative Notes

Seminar fees are pre-paid via PayPal, Square, or Personal Check. We prefer PayPal or Square. The option to pay by personal check will be unavailable after October 6th. We will have limited accommodation for “at the door” registration/payment via Square (major credit cards).



Traditional Aikido of Colorado Springs

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Some Local Hotels

The Traditional Aikido of Colorado Springs Dojo is located at 1863 N. Circle Drive Colorado Springs, CO. Colorado Springs is not a large town. The seminar venue is likely to be within approximately a 5 mile radius of the dojo. Some of the hotels in the Colorado Springs area that we've had some experience with are listed below. We don't specifically recommend any of these hotels, as it's been a while since we've stayed in a local hotel. Colorado Springs is a tourism destination so most of the hotels are pretty competitive. Travelocity is a good resource to search outside of this list. This list is, by no means, inclusive...

Kinship Landing
415 N. Nevada Ave
Colorado Springs, CO 80903

This is a boutique hotel with unique rooms. The restaurant is very good. This is located downtown.

Hyatt House – Colorado Springs Airport
2875 Zeppelin Road
Colorado Springs, CO 80916

This hotel is located close to the COS airport. The drive to the dojo/venue is about 15-20 minutes. This is a fairly new hotel.

Holiday Inn – Colorado Springs Airport
1855 Aeroplaza Drive
Colorado Springs, CO 80916

This is an IHG property located close to the airport. This is a good, inexpensive option.

MCM Elegante Suites
6450 N. Academy Blvd
Colorado Springs, CO 80918

This is a reasonably priced, locally owned, hotel located pretty close to the venue and the dojo. We've never stayed here, but we've heard good things about the Hotel Elegante properties.

Villa Motel at Manitou Springs
481 Manitou Avenue
Manitou Springs, CO 80829

Manitou Springs is about a 20-30 minute drive from the dojo/venue, but if you're staying a few days, Manitou is a nice place to hang out. There's a lot of good siteseeing and some really nice small restaurants in the Manitou area. If you like hiking, this might be a good choice.

Colorado Springs Weather

The weather in Colorado Springs is some of the best weather in the United States. Because we're located at the base of the Front Range, our local weather tends to be pretty turbulent. There is a local saying "if you don't like the weather... wait 15 minutes..." Colorado Springs sits at an altitude of about 6,500-7,000 feet and we are considered a high-altitude desert environment. It isn't unheard of for us to see snow in mid to late October. The temperatures in mid-October typically range from an average high of 63 degrees (F) down to an average low of 36 degrees (F). Pack accordingly. Boots and a mid-weight jacket are a good idea. We will be spending time outdoors for weapons practice if the weather allows. Bring a hat/scarf if you get cold easily. Sunscreen is also strongly recommended outdoors regardless of the season. The sun here can be intense. If you aren't used to training at high altitude, please be careful and pay attention to your health. Local stores sell supplemental oxygen bottles if you're experiencing altitude sickness symptoms. It's also very important to pay careful attention to hydration. You can become critically dehydrated more quickly than you might be used to. Drink water often.

**Traditional Aikido of Colorado Springs
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Registration Form**

Name: _____

Address: _____

City/State/Zip: _____

Phone #: _____ Email: _____

Home Dojo: _____ Rank: _____

Emergency Contact: _____

Emergency Contact Phone #: _____

Aikido is a martial art and the undersigned acknowledges that there are certain inherent risks, including the possibility of bodily injury, that are understood and accepted when training in any martial art. By signing this waiver, the undersigned participant agrees to assume full responsibility for both their training and the possibility of injury during training at this seminar. The undersigned acknowledges an understanding of the risks and that there is a possibility of injury during training. By signing this waiver, the participant also agrees to release Traditional Aikido of Colorado Springs, Patricia Hendricks, the venue provider, employees associated with the venue provider, instructors, fellow students, and any associated seminar staff from any liability associated with any and all injuries sustained while training at this seminar. This includes both the principal seminar venue and the Traditional Aikido of Colorado Springs dojo. Seminar participants are strongly encouraged to be cognizant of their own capabilities, and to make personally relevant decisions about their own training safety. This includes decisions about participation in any training, or exercise, that may be too advanced for an individual to participate in. Participants also agree to act in a respectful and courteous manner at all times while participating in the seminar. Traditional Aikido of Colorado Springs reserves the right to ask any participant, or guest, that is behaving in a discourteous or unsafe manner to leave the premises.

I, _____, have read this waiver in full and understand the risks inherent in Aikido training. I agree to obey all rules and regulations of Traditional Aikido of Colorado Springs, and by signature below, I agree to all terms and conditions described in the waiver above.

Signature and Date: _____

If the applicant is under 18 years old, a Parent or Guardian must sign below

I, _____ (Parent or Guardian) have read this waiver in full and understand the risks inherent in Aikido training. By signing below I agree to all terms and conditions described in the waiver above.

Signature and Date: _____