

# Aikido of Tampa Bay Presents A One-Day Seminar With Sensei Guy Hagen, Yondan



Sensei Guy Hagen is the *dojo cho* (head instructor) for the University of South Florida Aikido school, and holds the Aikido rank of *yondan* (4th degree black belt) with the Aikido World Headquarters (Aikikai Hombu) in Tokyo, Japan. He is a personal student and *otomo-deshi* (seminar uke) of Shihan Mitsugi Saotome (one of the most distinguished, and longest *uchi deshi* disciples of the Founder) and Sensei John Messores (one of the most senior instructors in the Aikido Schools of Ueshiba organization). He has been teaching and training in Aikido for over twenty years and in martial arts for over thirty. He holds rank in Yoshinkai Aikido, Judo, Kendo, Shotokan Karate, Jhoon Rhee Karate, has studied Taoist Tai Chi and Lohkhubafa for over ten years, and also holds the rank of *shodan* (1st degree black belt) in Shorin-Ryu Karate.

Sensei Hagen brings a very structured and methodical approach to teaching, and has a reputation for his broad martial focus and his work in advanced ukemi.

The subject of this seminar is *henka waza*, "infinite variation". In many styles, *henka-waza* refers to a flowing continuation exercise of spontaneous reversals, and is introduced as part of *nidan* (second degree black belt) training. This one-day seminar will introduce exercises which will expose even junior Aikido students to proper reversals (*kaeshi waza*) and build to continuation practices that are fun, challenging and valuable for juniors and seniors alike.

July 10 2010  
9:30am Registration  
10:00am to 3:00pm Class  
Tests 3:30pm  
Cost \$40.00

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