

# Aikido Seminar Women's Edition

*A Japanese martial art where the attack is redirected and the situation controlled.*

*Improve your coordination, strength, flexibility, self-confidence, and awareness.*



Emily Murakami, Shodan



Mahika Rangnekar, Shodan

**Sunday, April 10, 2016,  
10:00 AM to 11:30 AM**  
2560 Wyandotte Street, #A,  
Mountain View, CA, 94043

\$15 pre-register, \$20 at the door

Women 14+ years old (minors require a guardian signature on the [waiver](#))  
no experience required!

For questions or more information, please email us at: [pafinfo@pacific-aikido.org](mailto:pafinfo@pacific-aikido.org)

**Mahika Rangnekar, Shodan, and Emily Murakami, Shodan** have been training with [Pacific Aikido Federation](#) since they were 8 and 15 years old, respectively. They have trained directly with [Shiohira Shihan](#), 7th dan, for most of that time, and have visited and trained with other dojos around the bay area and internationally. Between the two of them, they have over 25 years of experience learning and teaching the martial art.

