

# 2010 Women's Aikido Seminar

*Taught by women, for women. Sorry, guys!*

## Date:

April 16-18, 2010

## Location:

Tokushinkan Dojo – One Point Center  
48 Lake Street, Oak Park, IL (nearby west suburb of Chicago)  
Dojo: (708) 383-4711

## Instructors:

Dianne Costanzo (Tokushinkan Dojo, Oak Park, IL)  
Elisabeth Menning (Aikido of Northern Indiana, Merrillville, IN)  
Charlene Reiss (Choshinkan Dojo, Durham, NC)

## Schedule:

Friday, April 16: 6:00-9:00 pm  
Saturday, April 17: 10:00 am-1:00 pm, 3:00-6:00 pm  
Sunday, April 18: 10:00 am-1:00 pm

# Background:

In 2004, when we were all still a part of Toyoda Shihan's organization, we held a Women's Aikido Seminar. Many of us came rather dubiously, but all of us left exhilarated. Aikido is Aikido, but this seminar engendered a different kind of energy. Many previous participants have been clamoring to do another such event, and we are pleased to be able to again offer it. We know this event will be a smashing success, and plan to offer it on a regular basis from here on out (once every one or two years).

All three of the instructors are ranked yondan (fourth degree blackbelt), and come from the lineage of **Toyoda Shihan**. Each brings her unique outlook, vibrant personality and dynamic teaching style to this fun event. Come for the entire weekend, or even for just a three-hour session. You will enjoy it!

**Dianne Costanzo**, owner and chief instructor of Tokushinkan Dojo (One Point Center), in Oak Park, IL, trained for 13 years directly with Toyoda Shihan, and taught at his national headquarters, Tenshinkan Dojo. She spent many years in his kenshusei program. After his death, she continued to teach there, but also started her own dojo, which has outgrown its locations numerous times. Finally, she is the happy owner of her own building (Grand Opening in 2009), and this is the location in which we'll be training in April.

**Elisabeth Menning**, owner and chief instructor of Onshinkan Dojo (Aikido of Northern Indiana), in Merrillville, IN, was uchideshi and kenshusei with Toyoda Shihan for a total of six years. At the time of his death, she was working full-time as his executive assistant, and teaching classes both at his dojo and at her own in Indiana.

Both Costanzo Sensei and Menning Sensei are now affiliated with Bob Garza's organization, Sosei Aikido Kyokai, and are the two most senior members of that organization.

**Charlene Reiss** is the assistant instructor at Choshinkan Dojo (Triangle Aikido) with Ned Danieleley in Durham, NC, which was one of the first dojo to become part of Toyoda Shihan's national organization in the late '70's. Choshinkan Dojo is now independent. Charlene has been training more than 18 years, and achieved her yondan promotion in 2009. Welcome to the yondan ranks, Charlene!

# Information and Registration:

Contact any of the instructors for more information about the seminar. Elisabeth Menning is maintaining the registration list; Dianne Costanzo is obviously the most knowledgeable about transportation and lodging opportunities in Oak Park as well as information about the seminar location; and Charlene Reiss can help with logistics of coming from outside the area, as she has been visiting the Chicago area for Aikido for years.

Dianne Costanzo: phone (708) 383-4711; d.costanzo@juno.com; www.onepointcenteraikido.com

Elisabeth Menning: cell (219) 613-4763, EMenning@gmail.com; www.onshinkandojo.com

Charlene Reiss: phone (919) 957-1006; charalt2004@yahoo.com; www.triangleaikido.com

## Fee:

Entire Seminar: \$65

Friday or Sunday only: \$30 – Saturday only: \$50

## Please join us!

We are open to any rank, experience level, affiliation, or style!