



# KENSHUSEI PROGRAM

## AT ZENSHINKAN DOJO

LEAD BY EDWARD GERMANOV SENSEI  
GUEST INSTRUCTOR MICHELE QUARANTA SENSEI

**MARCH 7<sup>th</sup> - 16<sup>th</sup>, 2014**

A kenshusei program is in essence a brief period of intense uchi-deshi style training that is meant to accelerate and deepen your training. Germanov Sensei's program will include a combination of many different types of training including Aikido, Zazen, weapons, misogi training and samu

### SCHEDULE

The program begins Friday, March 7<sup>th</sup> at 6am with Zazen and ends with a 3-day seminar (14<sup>th</sup>-16<sup>th</sup>) and celebration commemorating Zenshinkan's 25<sup>th</sup> anniversary. A detailed, daily schedule will be available at [www.zenshinkan.com](http://www.zenshinkan.com)

### COST

**Full Program: \$600**

*(Register before Nov. 30, \$520)*

- All training
- Sleeping in dojo + dinner
- 25th Anniversary Seminar

**Daily Program: \$480**

*(Register before Nov. 30, \$430)*

- Classes from 6am - 9:30am
- Classes after Misogi
- Dinner
- 25th Anniversary Seminar

**Any Single Class: \$20**

### LOCATION

**Zenshinkan Dojo**

65 Water Street

3rd Floor (Front Door)

Worcester, MA 01604

[www.zenshinkan.com](http://www.zenshinkan.com)





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*"Progress comes to those who train and train;  
reliance on secret techniques will get you nowhere."*

*- O 'Sensei*

## THE INSTRUCTORS

### EDWARD GERMANOV SENSEI



#### Godan-5th Degree Black Belt, Aikikai

Germanov Sensei was born in Sofia, Bulgaria in May 1966. He has practiced the Martial Arts since 1980 and Aikido from 1987. In 1990, Germanov Sensei began training under the late Fumio Toyoda Shihan and followed him around the world for the remainder of Toyoda Shihan's life. He followed Toyoda Shihan in Europe, The United States, and Japan. Germanov Sensei founded the Bulgarian Aikido Association in 1990 and continues to be the president and head instructor of this organization.

After Toyoda Shihan's death, Germanov Sensei led seminars all around the globe: Serbia, Poland, Latvia, Croatia, Slovenia, Slovakia, Greece, Czech Republic, UAE (Dubai and Oman), Cyprus, Tunisia, and more than 50 seminars in the United States.

Since 2001 he has trained in grappling and Mixed Martial Arts (MMA) under Gokor Chivichyan Sensei, and holds a level 5 ranking in Gokor's grappling system. Germanov Sensei also trained in Shodo (Zen Calligraphy) under Toyoda Shihan and Hiroshi Tajiri Sensei and Zen under Tenzan Gensho Rokoji / Toyoda Shihan/ and Hosokawa Roshi and now he is Zen teacher whit level of Hoshi / Dharma holder/.

In 2009 Germanov Sensei started Tendokan International and is the President of this organization. This is an independent Aikido organization, following the teaching methods, Kyu, and Dan grading systems created by Shihan Fumio Toyoda. The Purpose of Tendokan International is to further the art of Aikido worldwide by the late Fumio Toyoda Shihan.

### MICHELE QUARANTA SENSEI



#### 6th Dan, Aikikai

Quaranta Sensei has been practicing Aikido for over 40 years continually. He was a student and assistant (uke) of Masatomi Ikeda Sensei for 20 years and followed him to almost all his seminars. After the retirement of Ikeda Sensei from the active Aikido life in 2001, Quaranta Sensei continued to teach and spread the Aikido inherited from Ikeda Sensei.

He was a professional football player in FC Nordstern (premier league) and worked as a professional football coach and bank clerk, finally turning towards Aikido.

Quaranta Sensei founded two schools; Basel (Switzerland) founded in 1983 and Neuchatel (Switzerland). There are over 300 students in these schools with 12 working instructors (3 of which work exclusively with younger children).

Internationally, he is known as the Technical manager and member of the technical committees of various countries which appreciate his ability and dedication to Aikido. With the right to award degrees up to (including) 4th Dan in the Slovakian Aikido Association at the time when he was a bearer of 5th Dan and the title Shidojin, makes him the only example in the world with that permission granted by the Aikikai Hombu.

He holds Aikido seminars on a regular basis in Bulgaria, Switzerland, Poland, Croatia, Ireland, Slovakia, Czech, Netherlands, Ukraine, Macedonia, Egypt, Serbia and Monte Negro.



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LEAD BY SENSEI EDWARD GERMANOV  
GUEST INSTRUCTOR SENSEI MICHELE QUARANTA

## Registration Form

MARCH 7<sup>th</sup> - 16<sup>th</sup>, 2014

### SEMINAR FEES

Please register me for the program I plan to attend: **Register by November 30<sup>th</sup> and save!**

\_\_\_ Entire Program ( \$600 / \$520 ) / \_\_\_ Day Program ( \$480 / \$430 ) / \_\_\_ Individual Class ( \$20 )  
*(includes seminar fee - early reg. save \$80) (includes seminar fee - early reg. save \$50)*

Payment required with registration and must be made via PayPal: [tendokan@gmail.com](mailto:tendokan@gmail.com) or cash on arrival.

Please include "Zenshinkan Kenshusei Program" in the subject line

For individual classes - register once, please pay cash per class - no early registration

### REGISTRATION INFORMATION

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City, State Zip: \_\_\_\_\_

Email: \_\_\_\_\_ / \_\_\_\_\_ Please add me to your email list!

What Dojo Are You From: \_\_\_\_\_ City/State: \_\_\_\_\_

How Did You Hear About This Program? \_\_\_\_\_

### RELEASE OF ALL LIABILITY AND IMAGE RIGHTS

The applicant desires to participate in the activity of Aikido and other martial arts with full and complete knowledge of the possibility of incurring bodily injury in the course of such study. The applicant, therefore, in consideration of being accepted as a participant in such study by Zen Training Center, Inc. / Zenshinkan Dojo at 65 Water Street, Worcester, Massachusetts 01604, or other locations occupied by Zen Training Center, Inc. / Zenshinkan Dojo hereby assumes all risks of bodily injury (whether anticipated or unanticipated) resulting from his/her participation in the study and practice of the above listed activity. The applicant further agrees to hold harmless Zen Training Center, Inc., / Zenshinkan Dojo, its officers, instructors, guest instructors and agents, as well as leaser Michael Komenos of 125 Barber Ave., Worcester, Massachusetts from all loss, liability, claim or expense (including reasonable attorneys fees) arising from bodily injury as a result of the applicant's study and practice of the above listed activity.

I further understand that Zen Training Center, Inc. / Zenshinkan Dojo may choose to take video, audio, or photographs during the above listed event and that my image and/or voice may be captured during this documentation. I understand that Zen Training Center, Inc./ Zenshinkan Dojo is the sole owner of these video, images and/or audio and I release all rights and privileges to Zen Training Center, Inc./ Zenshinkan Dojo to use these materials in any way deemed appropriate by their officers or directors. I understand that I will receive no compensation of any kind for the use of these materials now or at any time in the future.

By signing below I acknowledge that I have read and understand this agreement in its entirety.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_