



Capital Aikido Federation 2017 Gasshuku

August 25-27, 2017 – Events and Locations *(updated 7/1/2017)*

Dojo: Capital Aikikai

923 Sligo Avenue, Silver Spring, MD 20910 • (240) 242-5179
(GPS: 38.990587, -77.024901)

Park in the Fenton Street Village parking garage, which faces the dojo. Please note that the dojo and garage are not on Sligo Ave. itself, but between Sligo and Silver Spring avenues (a small alley runs between and parallel to them). Please see the maps in this flyer.

Seminar Hotel:

Courtyard Silver Spring Downtown
8506 Fenton Street, Silver Spring, MD
(301) 589-4899 • courtyardsilverspringdowntown.com

A seminar rate of \$139 is available until August 3.
Please go to <https://goo.gl/HCDA5Z> to make your reservation.

Alternate Hotels:

Comfort Inn Georgia Avenue
7990 Georgia Avenue, Silver Spring, MD
(301) 565-3444
www.comfortinn.com

Days Inn Silver Spring
8040 13th St, Silver Spring, MD
(301) 588-4400
www.daysinn.com

*Guests may also stay at the dojo (sleep on mat), or with dojo members.
Please contact us at contact_us@capitalaikido.org.*

Tentative Seminar Schedule:

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
12:00 p.m. Registration	9:00 a.m. Class	10:00 a.m. Class
1:00 p.m. Class	10:15 a.m. Class	11:15 p.m. Class
2:15 p.m. Class	11:30 a.m. Class	12:30 p.m. Class
3:30 p.m. Class	12:30 p.m. Lunch	
6:30 p.m. Dinner, Bibim	2:00 p.m. Class (weapons)	
	3:30 p.m. Class	
	7:00 p.m. Seminar Dinner	

Registration Fee: \$90 for full seminar, \$45 each for Friday or Sunday only, \$65 for Saturday only.



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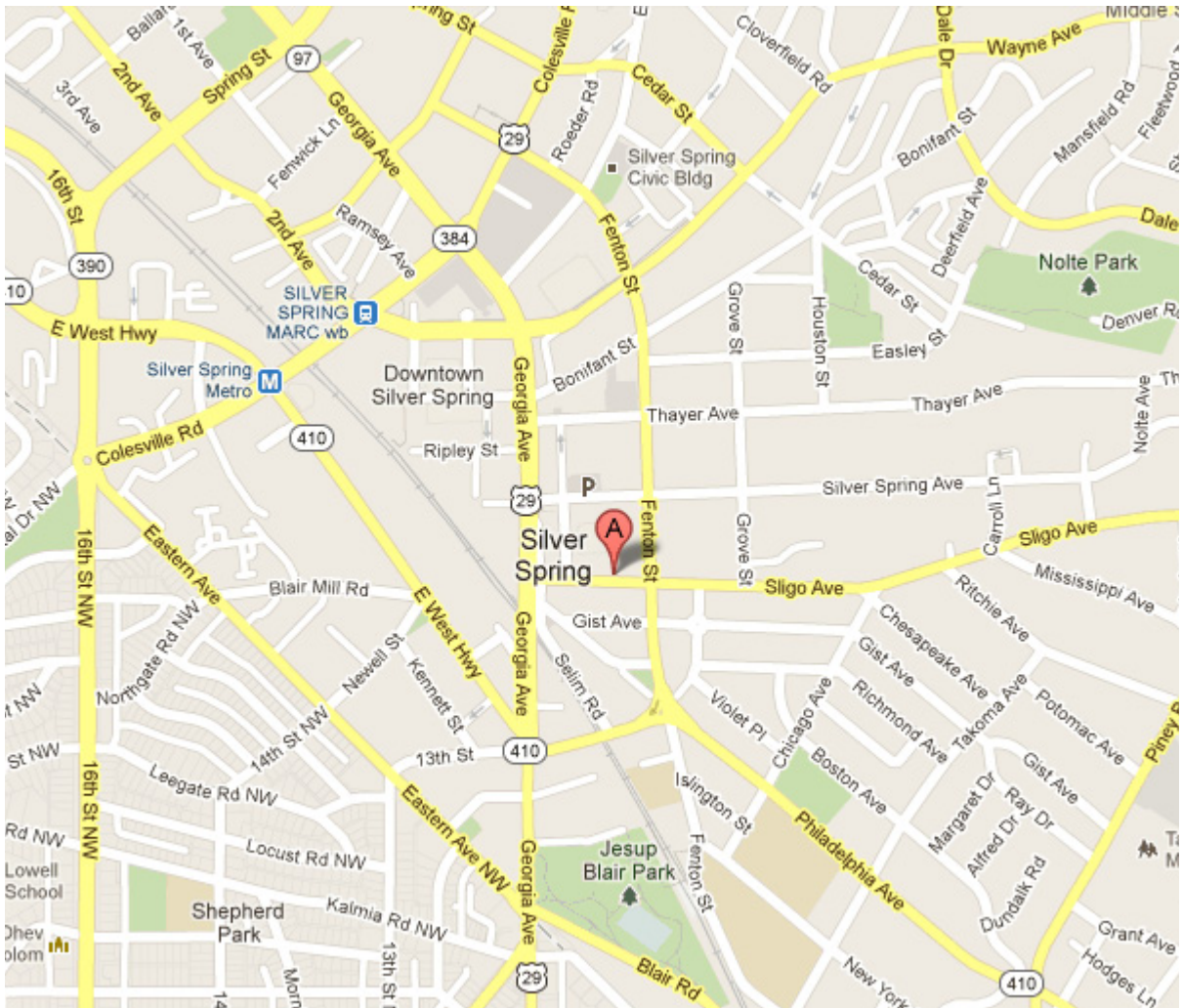
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General Area, Silver Spring, MD

Capital Aikikai is located about one block east of Georgia Ave., which runs through the center of Silver Spring (GPS: 38.990587, -77.024901).

From the North (e.g., Beltway) (modify accordingly if coming from South, etc.)

- Heading south on Georgia Ave., pass the intersection with Colesville Rd. (US29)
- Pass the Wayne Ave. intersection and get in the left lane. Look for Sligo Ave. on your left. Just before the intersection you will see a large brick firehouse on your right. If you pass under a railroad bridge you've gone too far.
- Turn left onto Sligo Avenue (traffic light), then make a quick left onto Mayor Lane (basically an alley, between a preschool and Vicino Restaurant). Turn right into the Fenton Street Village parking garage and drive about 2/3 of the way down the structure. This will put you more or less in front of the dojo entrance.





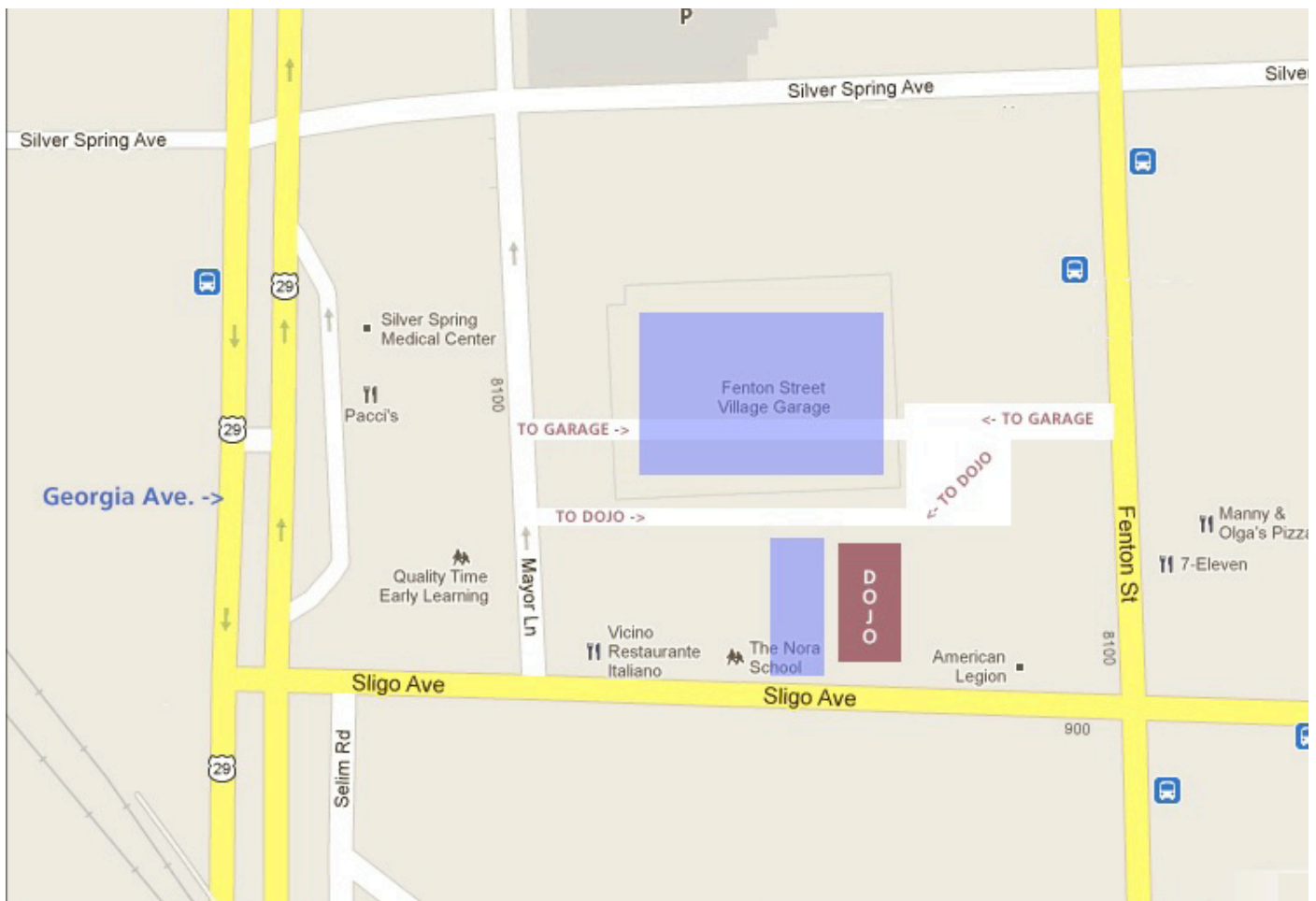
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General Area, Capital Aikikai

The street address of the dojo is 923 Sligo Ave (GPS: 38.990587, -77.024901). The dojo itself, however, is in an alley between Sligo and Silver Spring avenues, facing the Fenton Street Village parking garage. Enter the dojo via the ground-level entrance facing the parking garage.

Registration and the practice area are on the upper level. The changing rooms are on the ground level.





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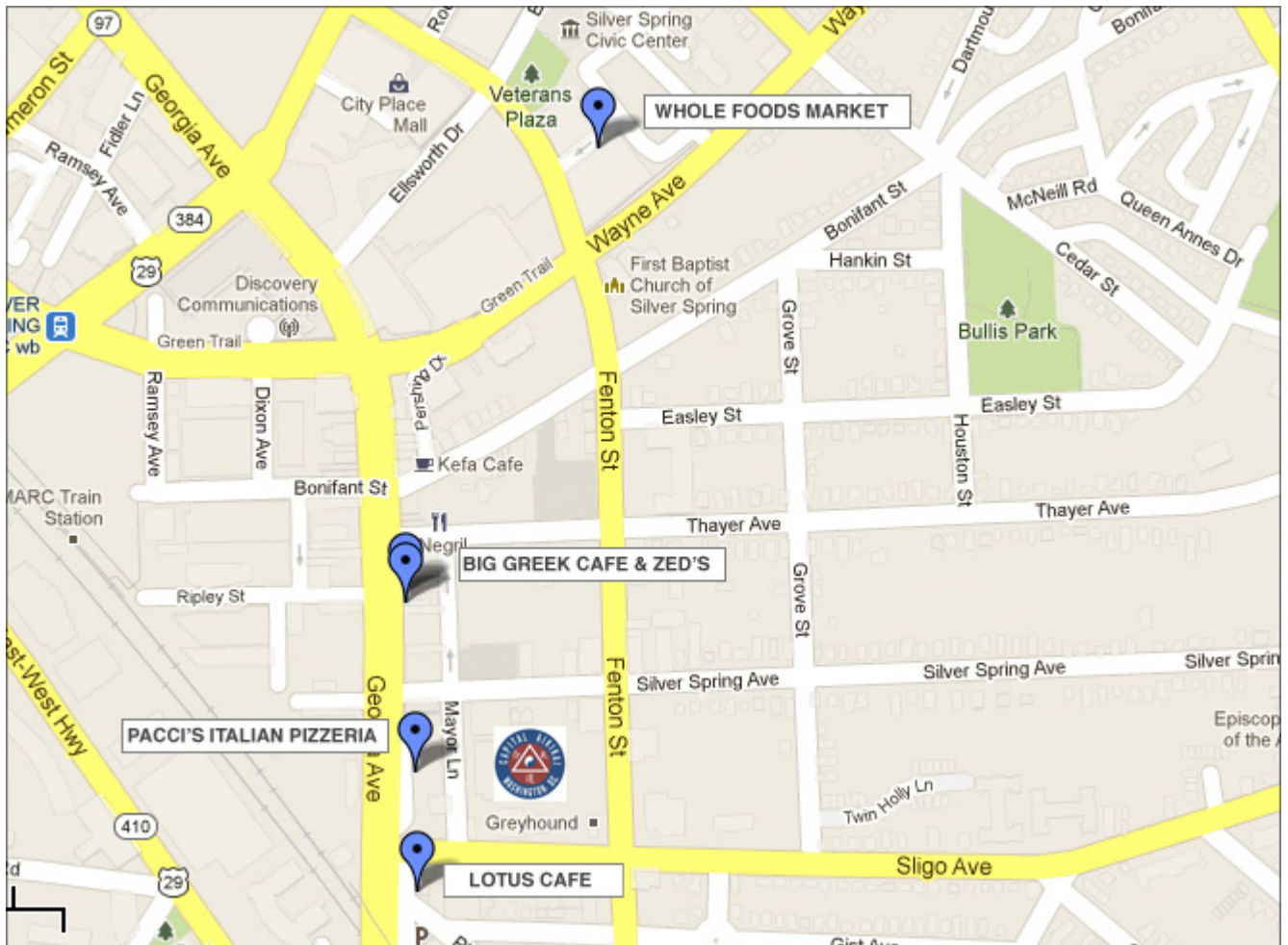
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Food Near Capital Aikikai

There are many restaurants and coffee houses within a short walk from either the dojo or the seminar hotel. The **923 Sligo Cafe** is in the same building as the dojo, facing Sligo Avenue.

Here are a few of the other establishments that we frequent:

- Bibim; 923 Sligo Ave. (Korean; same building as dojo)
- Crisfield Restuarant; 8012 Georgia Ave. (seafood)
- Lotus Cafe; 8077 Georgia Ave. (Vietnamese)
- Pacci's Pizzeria; 8113 Georgia Ave. (Italian)
- Whole Foods Market; 833 Wayne Ave.
- The Big Greek Cafe; 8223 Georgia Ave. (Greek)
- Zed's Cafe; 8225 Georgia Ave. (coffee house)



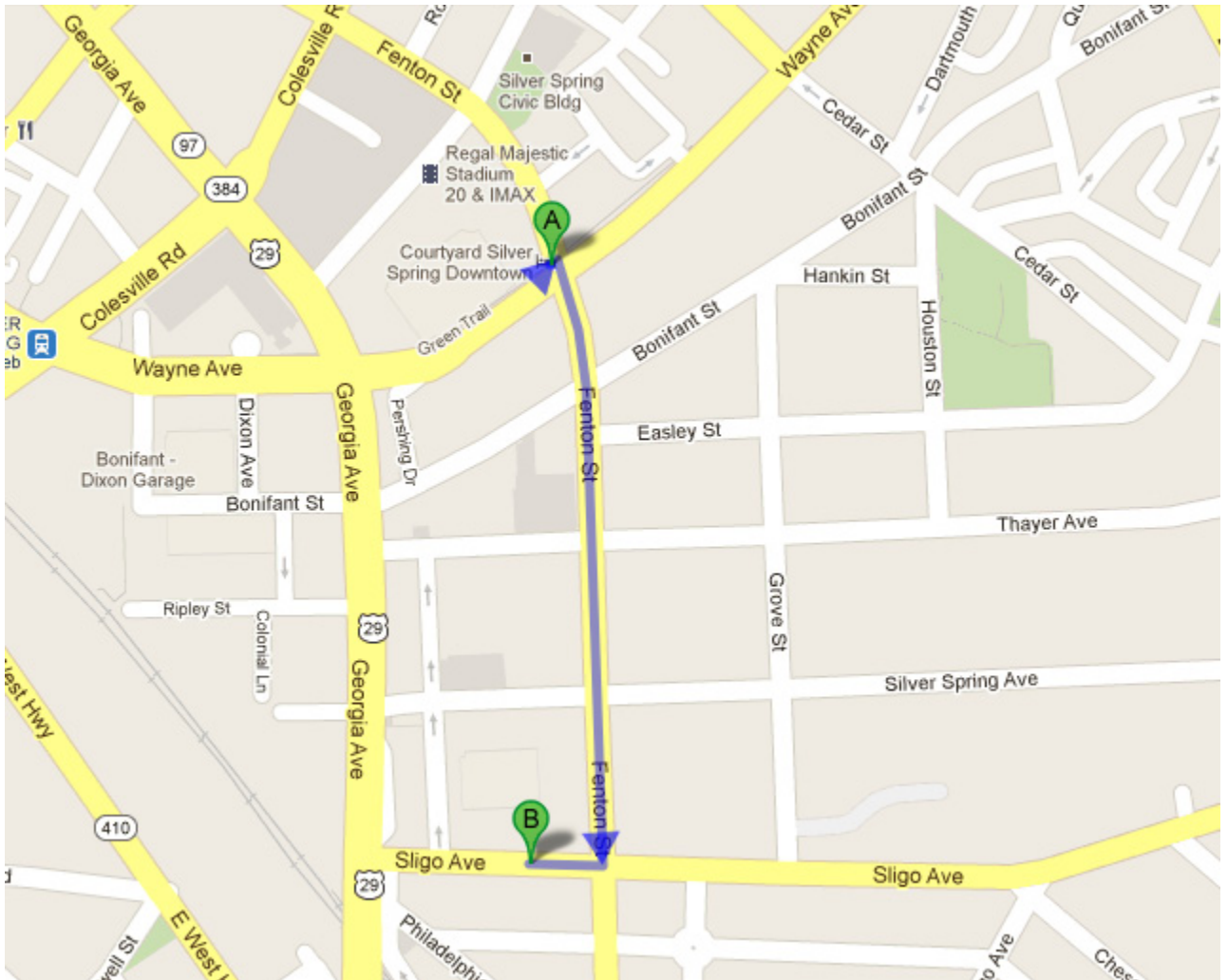


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Seminar hotel (A) to dojo (B) (8 minute walk, 2 minute drive)

Google Maps link: <http://goo.gl/maps/5xC4>





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Seminar hotel (A) to Saturday night pot-luck/BYOB (B) (5 minute drive)

Google Maps link: <http://goo.gl/maps/KtX7>

1903 Kermit Rd., Silver Spring, MD 20910 (private residence)

- Head north on Fenton Street (towards Ellsworth Drive).
- Turn Left onto Cameron St.
- Turn Right (north) onto Georgia Ave.
- After about one mile on Georgia, turn left onto Seminary Place (the next left AFTER Seminary Road).
- Turn Right onto Riley Place.
- Kermit Road will be on your right. It's very unlikely that you will find parking there; better to park along Riley Road, if possible.

