

October 2011 SEUSKF Northern Seminar

**Northern Virginia Budokai Dojo
25 S. Quaker Ln.
Alexandria, VA 22314-4585**

The Northern Virginia Budokai Kendo Club is pleased to host the 2011 SEUSKF Northern Regional Seminar. Our instructor will be Robert Stroud Sensei, kyoshi 7-dan, from the Idaho Kendo Club.

Schedule of events:

**Friday October 7: 7-9 pm
Saturday October 8: 9am-5pm
Sunday October 9: 9am-3pm**

Cost: \$10 per person, at the door.

DIRECTIONS TO NOVA BUDOKAI DOJO

**25 S. Quaker Ln.
Alexandria, VA 22314-458**

From Points South: Take I-95 North to I-395 N, following signs for I-395 N/Washington/I-495/Tysons Corner. Take I-395 to Exit 3A. Take the exit EAST along DUKE ST. towards Landmark Mall. Passing Landmark Mall, continue on Duke St. approximately 3 miles until you come to S. QUAKER LN. There will be a PNBC bank on your right-hand side, on the corner. Turn RIGHT onto S. QUAKER LN. The dojo is located in the red brick commercial building (Stonewall Jackson Building) on your right, just past the PNBC bank..

From Points North: Take 295 South toward the capital beltway. Take exit 1C to merge onto Capital Beltway/I-495 S/I-495 Innerloop/I-95 S toward Richmond. Take exit 176B-A for Telegraph Rd/VA-241 toward Alexandria. Make a slight right at Telegraph Rd. Take the exit for Telegraph Rd. to go NORTH on TELEGRAPH RD. Travel north on Telegraph Rd. until you come to the junction with DUKE ST. Exit onto DUKE ST. going WEST. Travel west along Duke St. until you come to S. QUAKER LN. There will be a PNBC Bank on your LEFT on the far corner. Turn LEFT onto S. QUAKER LN. The dojo is located in the red brick commercial building (Stonewall Jackson Building) on your right, just past the PNBC Bank.

PARKING

You can park anywhere on the street unless marked otherwise (most areas are fine after 5pm). Do not park in any of the parking lot spaces. If you enter through the front of the building you will come into a foyer with a business guide on your right and a set of elevators straight ahead. If you take the door to your right it will open into a hallway. The dojo is immediately on your left.

LODGING

There are many hotels within just a few miles of our dojo. We are located very close to historical Old Town Alexandria, east of our dojo on Duke Street, which boasts a wide variety of restaurants and shops. Please note that our dojo is not within walking distance of a metro stop, so you may need to drive or take a taxi from your hotel. We recommend checking orbitz.com or travelocity.com for hotels in your price range. Some of the closest hotels are:

Courtyard by Marriott, 2700 Eisenhower Ave, Alexandria, VA (703) 329-2323

Eisenhower Station, 2460 Eisenhower Ave, Alexandria, VA (703) 960-0859

Holiday Inn-Eisenhower Metro Center, 2460 Eisenhower Ave, Alexandria, VA (703) 960-3400

LUNCH AND DINNER

Lunch will be on your own, as there are a number of eateries within walking distance of the dojo. We will be arranging for dinner with sensei and will provide details at the seminar.

QUESTIONS?

Contact: Brian Sherry: (703) 447-7793

blackknight@gmail.com