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# **2023 PNNF Tendo Ryu Seminar Registration**

**Seminar** (Saturday, April 22 and Sunday, April 23, 2023)

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| **Name** | **4/22** | **4/23** | **Sat**  **Lunch**  **Y/N** | **Sun**  **Lunch Y/N** | **Naginata Level** | **Tachi Level** | **Jo/Tanto/**  **Kusarigama** |
| *Name* |  |  |  |  | *(i.e., Shodan)* | *N/A* | *N/A* |
| *Example 1* | *X* | *X* | *Y* | *Y* | *Omote no Oku* | *Omote* | *All* |
| *Example 2* | *X* | *X* | *Y* | *Y* | *Omote* | *Ura* | *Jo* |
| *Example 3* |  | *X* |  | *Y* | *Ura (partial)* | *N/A* | *N/A* |
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**Seminar Fees**

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| **Categories** | **Total No.** |  | **Price** | **Fee** |
| 1-day Bitokukai member |  | X | $75.00 | $ |
| 2-day Bitokukai member |  | X | $100.00 | $ |
| 1-day non-Bitokukai member |  | X | $90.00 | $ |
| 2-day non-Bitokukai member |  | X | $120.00 | $ |
| Saturday lunch \* |  | X | Sandwich $10 | $ |
|  | Sandwich $11  Salad $11 | $ |
| Sunday lunch\* |  | X | Sandwich $10 | $ |
|  | Sandwich $11  Salad $11 | $ |

**Participant Fee Total:** $

**Lunch Choices**

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| --- | --- | --- | --- | --- | --- |
| **Sandwiches** | **Sat.** | **Sun.** |  | **Price** | **Fee** |
| Turkey Breast & Swiss |  |  | X | $10 | $ |
| Smoked Ham, Swiss |  |  | X | $10 | $ |
| Chicken Club (Grilled chicken, bacon, cheddar) |  |  | X | $11 | $ |
| Mediterranean (Veggie)(hummus and feta cheese, artichoke hearts, cucumbers and roasted red peppers on multigrain bread) |  |  | X | $11 | $ |
| **Salads** |  |  |  | **Price** | **Fee** |
| Powerhouse (with Chicken, avocado, hummus, boiled egg, cucumber, tomato, lettuce, non-fat vinaigrette) |  |  | X | $11 | $ |
| Farmhouse (Chicken, bacon, blue cheese, boiled egg, grape tomatoes, onion, buttermilk ranch) |  |  | X | $11 | $ |
| Chicken Salad (Chicken salad, provolone, cranberries, cucumber, tomatoes, field greens, balsamic) |  |  | X | $11 | $ |

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| **Please indicate choice of condiments or other notes.** | **Please indicate any dietary restrictions or allergies.** |
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PNNF will supply chips, cookies, water, and some snacks. Participants can also bring a reusable water bottle.