

AIKIDO

Institute of Newfoundland



A very hearty and enthusiastic congratulations to Colleen Hogan and Paul Glavine upon their New Year's promotions to the prestigious rank of 5th Degree Black Belt – Aikido! This rank is awarded by Aikido Headquarters in Tokyo, Japan.

Both Colleen and Paul have studied and trained assiduously and continuously with commitment and devotion for 27 years. Their pursuit of this art has brought them frequently to travel outside our own province (NL) in search of instruction and direction from some of the most distinguished and acknowledged Aikido Masters world-wide – to Mainland Canada, the United States, and for Colleen even to Headquarters in Tokyo and to Iwama, Japan, the birthplace of Aikido.

Their promotions, then, come as no great surprise, as Colleen and Paul are truly worthy recipients of their new ranks and are today fine ambassadors for Aikido. Sincere Congratulations once again on this very wonderful accomplishment!



Colleen and Paul both train locally at the Aikido Institute of NL