



Pacific Aikido Federation

Summer Retreat

August 22 to 25, 2013

(Thur.) (Sun.)

Intensive Training With
Shiohira Sensei
7th Dan Shihan



PAF Summer Retreat 2013
c/o Aikido Center
2560 Wyandotte St., #A
Mountain View, CA. 94043



If possible, please pre-register online at www.pacific-aikido.org/Camps/gasshuku-summer.html

Name _____ Phone (_____) _____

Address _____

City _____ State _____ Zip _____

Home Dojo _____ Rank _____ Age _____ Male ___ Female ___

Email: _____ Emergency Contact _____

Release of Liability: I understand that the study of aikido involves movements which are potentially dangerous and I hereby release PAF, Center for the Way, Aikido Center, instructors, guest instructors, and officers thereof from liability incurred from participation in the event.

Signed _____ Date _____

(signature of camp participant)

For minors: If under the age of 15, must be accompanied by a parent or legal guardian

Signed _____ Date _____

(signature of parent or guardian if under 18 years of age)

Mail to:

Aikido Retreat - Camp Director
Aikido Center
2560 Wyandotte St., #A
Mountain View, CA. 94043

Welcome

Pacific Aikido Federation (PAF) is pleased to host the annual Aikido Summer Retreat. All Aikido practitioners, regardless of rank or affiliation, are invited to participate. The retreat will be held in Sonoma County near Occidental, California. The center is surrounded by a beautiful coastal redwood forest. It has a beautiful and spacious lodge with a large training area. This is an opportunity for concentrated Aikido in a beautiful, natural setting.

Description and Schedule

The retreat will be four days of intensive training from Thursday to Sunday. The typical daily schedule will start with morning meditation (optional) followed by at least 3 Aikido classes, meals, and an informal gathering at night. Lodging is a short walk from the training hall. Meals include vegetarian options. Laundry facilities are available. The camp ends after lunch on Sunday. Please plan accordingly. The schedule of activities is available at the PAF web site as well as directions to the CYO Center.

What to Bring

Each participant will bring their own sleeping bag, pillows, blankets, towels, alarm clock, shoes, earplugs, swim suits, soap for the laundry, and toiletries in addition to their training gear, including weapons. Northern California weather is usually sunny in August.

T Shirt Info

Camp T-shirts featuring Sensei's calligraphy can also be ordered from the web site.



Calligraphy by Shiohira Sensei

Intensive Training With **Shiohira Sensei** **August 22 to 25, 2013**

Please pre-register online at:

www.pacific-aikido.org/CAMPS/gasshuku.html

or register via mail by completing the form.

Registration

Early Registration before Aug. 7 = \$400.00

Late Registration on or after Aug. 7 = \$450.00

Final day for registration Aug. 15.

Make checks payable to "Aikido Center"

For information call Mike at (831) 801-0807
or email PAFCampSummer@pacific-aikido.org

Shiohira Sensei -7th Dan Shihan

Shiohira Sensei has been training in and teaching Aikido for over 45 years. He began studying Aikido at Waseda University Aikikai under Shizuo Imaizumi Sensei. He had one year of livein training under the second Doshu, Kisshomaru Ueshiba Sensei. He also received instruction from all of the other leading Aikikai World Headquarters instructors at the time, including O-Sensei (Founder), Kisshomaru Ueshiba Sensei (Second Doshu), Koichi Tohei Sensei (Chief Instructor), Kisaburo Osawa Sensei, Morihiro Saito Sensei, Seigo Yamaguchi Sensei, Sadateru Arikawa Sensei, and at Shingu, Michio Hikitsuchi Sensei. He studied ShinShin Toitsu Aikido under Koichi Tohei Sensei (Founder) for over twenty years. He studied under Hiroshi Tada Sensei after rejoining Aikikai in 1994. In addition to Aikido training and instruction, he studied Zen under Zen and martial arts master Tenshin Tanouye Rotaishi for over 20 years. He trained in Misogi Shugyo at the Ichikukai Dojo under Tesso Hino Sensei. He has been training and teaching Aikido as THE WAY. Several of his students have become Aikido Masters (Shihan) or Zen Masters, and several more advanced ones just continue training. He wants to maintain a dojo where one can be free from distractions, to see things as they truly are, and one can move continually towards living a fulfilled life.

