

Aikido Winter Retreat

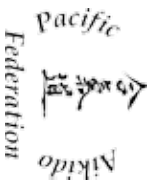
Intensive Training with

**Tsuboi Sensei,
8th Dan Shihan**

**Shiohira Sensei,
7th Dan Shihan**

**Friday, February 13 thru
Monday, February 16, 2015
Presidents day Weekend
4 days of intensive training**

Winter Retreat
c/o Don Stratton
508 Lohrman Ln
Petaluma, CA 94952



(If possible, please pre-register online at www.pacific-aikido.org/Camps/gasshuku.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 The Center for the Way, PAF, Aikido Center, instructors, guest instructors, and officers thereof from liability incurred from participation in the Winter Retreat.

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)

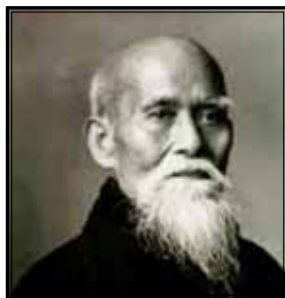
Mail to:

Winter Retreat
c/o Don Stratton
508 Lohrman Lane
Petaluma, CA 94952

Welcome

Pacific Aikido Federation (PAF) is hosting the Sixteenth annual Aikido Winter Retreat.

For this year's training we are pleased to have a guest instructor from Japan, Tsuboi Sensei, 8th Dan Shihan as well as Shiohira Sensei, 7th Dan Shihan. The Winter Retreat will be held in Sonoma County at the CYO Retreat Center near Occidental, Ca. The center is located in a coastal forest surrounded by redwoods. It has a beautiful and spacious lodge with a large training area. Food and sleeping accommodations are provided. This is an opportunity for concentrated Aikido training in a beautiful, natural setting. All Aikido practitioners, regardless of rank or affiliation, are invited to participate.



Shiohira Sensei 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, and see things as they truly are.



Winter Training

Weather at this time of year is brisk and the training is invigorating. It can also rain heavily, so please bring umbrellas, rain gear, rain boots, flashlights, etc. The temperatures can approach freezing in the evening and still be warm inside. So bring layers of warm clothes as well.

Six person dormitory accommodations are available and each participant will bring their own sleeping bag, pillows, blankets, towels, alarm clock, flip flops, earplugs, soap for the laundry, and toiletries in addition to their training gear, including weapons.

The retreat will be four days of intensive training from Friday to Monday with 9 aikido classes, 6 zazen sessions (optional), an open mat between classes and 9 meals including a vegetarian option.

Parking is limited so please carpool if possible.

Registration

Pre-register online (preferred) at
www.pacific-aikido.org/Camps/gasshuku.html

or register via mail by completing the form.

Sunday, January 24, 2015

Before – \$400.00

After: – \$450.00

Attendance for all four days is encouraged, but if that is not possible, contact Don for daily rates.

Wednesday, February 4, 2015 – Registration closes

Mail checks and completed forms to:

Winter Retreat

c/o Don Stratton
508 Lohrman Lane
Petaluma, CA 94952

Make checks payable to Don Stratton.
For more information call Don at (707) 591-1620.

Instructors

Tsuboi Sensei, 8th Dan Shihan

Tsuboi Sensei has been practicing Aikido for over 50 years. He has trained extensively under Tada Sensei, 9th dan, Shihan who is the senior surviving student of the founder of Aikido, Morihei Ueshiba. He is the senior instructor of Tada Juku Gessoji dojo and is the Chief Instructor of the Waseda University Aikidokai in Tokyo, Japan. He has traveled the world teaching seminars in Europe, North America, Asia and the Pacific Rim.



Shiohira Sensei, 7th Dan Shihan

Shiohira Sensei began training in Japan over 47 years ago at Waseda University. He was a live-in student at Hombu dojo for one year and studied under Kisshomaru Ueshiba Sensei and all the leading Aiki-Kai World headquarters instructors there at that time. His aikido is also deeply influenced by his study of Zen. He has been teaching Aikido for over 40 years in northern California and is founder and Chief Instructor of the Pacific Aikido Federation.



T-Shirt Info

T-shirts featuring Shiohira Sensei's calligraphy can be pre-ordered at the website.