

# Aikido

## Summer Retreat

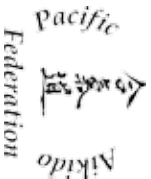
Intensive Training with

# Shiohira Sensei, 7<sup>th</sup> Dan Shihan



**August 25 to 28, 2016**

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



(If possible, please pre-register online at [www.pacific-aikido.org/Camps/gasshuku.html](http://www.pacific-aikido.org/Camps/gasshuku.html))

Name \_\_\_\_\_ Phone ( \_\_\_\_ ) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Dojo \_\_\_\_\_ Rank \_\_\_\_\_ Age \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

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 \_\_\_\_\_

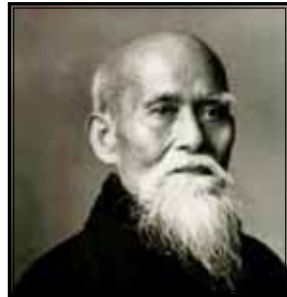
(Signature of parent or guardian if under 18 years of age)



## Welcome

**Pacific Aikido Federation (PAF)** is pleased to host the annual Aikido Summer Retreat.

This year we again have the opportunity to train with Shiohira Sensei, 7th Dan Shihan. The Summer 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.

## T-shirt and Payment Information

T-shirts featuring Shiohira Sensei's calligraphy can be pre-ordered at the camp website. They are \$20 each, and can only be ordered on-line.

Please complete the registration form on the other side and include the payment for the camp and mail to:

### Summer 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.

**Note:** After you register on-line, payment and a signed registration form must be sent to the camp director.

## What to Bring

**B**ring your own sleeping bag, pillows, blankets, toiletries and towels, alarm clock, flash light, flip flops, and earplugs. Other useful items may be laundry soap, swimsuit, zafu, and water bottle in addition to your training gear, including weapons. The weather should have sunny days and cool evenings.

The retreat will be four days of intensive training from Thursday to Sunday with 9 aikido classes, 6 zazen sessions (optional), an open mat between classes and 9 meals including a vegetarian option. Directions and the schedule are available at the website:

[www.pacific-aikido.org/Camps/gasshuku.html](http://www.pacific-aikido.org/Camps/gasshuku.html)



## Instructor

### Shiohira Sensei, 7th Dan Shihan

Began training in Japan over 48 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 AikiKai 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.



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, seeing things as they truly are and living a fulfilled life.

## Registration

**Pre-register online** (preferred) at

[www.pacific-aikido.org/Camps/gasshuku.html](http://www.pacific-aikido.org/Camps/gasshuku.html)

or register via mail by completing the form.

**Sunday, July 31, 2016**

Before – \$425.00

After: – \$475.00

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

**Wednesday, August 17, 2016** – Registration closes