

# Aikido

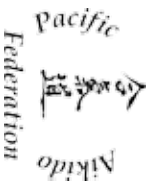
## Winter Retreat

Intensive Training with

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

Friday, February 14 thru  
Sunday, February 16, 2020  
Presidents day Weekend  
3 days of intensive training

**Winter 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 \_\_\_\_\_

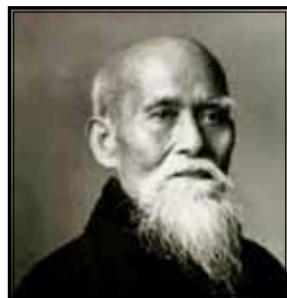
(Signature of parent or guardian if under 18 years of age)



## Welcome

**Pacific Aikido Federation (PAF)** is hosting the twenty-first annual Aikido Winter Retreat.

This year we again have the opportunity to train with 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.

This year the retreat will be three days of training from Friday to Sunday with 7 aikido classes. Note that the last class on Sunday will end at 3:00. Sleeping cabins and 6 meals, including a vegetarian option, are provided. Directions and the schedule are available at the website.

### 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, January 26 2020**

Before – \$350.00 After: – \$400.00

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

**Wednesday, February 5, 2020** – Registration closes

## Winter Training

**W**eather 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.

### T-shirt 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 and paid for on-line .

### Payment Information

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

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

## Instructor

### Shiohira Sensei, 7th Dan Shihan

Began training in Japan over 50 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 45 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, to see things as they truly are and to live well.

