

SUMMER 2015



Pacific Aikido Federation's  
**AIKIDO RETREAT**

with chief instructor  
Hideki Shiohira Sensei, 7<sup>th</sup> dan, Shihan



[pacific-aikido.org](http://pacific-aikido.org)

AUGUST 20 – 23

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Mail to:  
**Aikido Center**, Attn: Camp Director  
2560 Wyandotte St., #A  
Mountain View, CA 94043

PRE-REGISTER ONLINE [www.pacific-aikido.org/camps/gasshuku-summer.html](http://www.pacific-aikido.org/camps/gasshuku-summer.html)

REGISTRATION FORM

Name \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Dojo \_\_\_\_\_ Rank \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_  
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 our legal guardian.

Signed \_\_\_\_\_ Date \_\_\_\_\_  
*(signature of parent or guardian if under 18 years of age)*

See back  
for payment  
and t-shirt  
information.

# AIKIDO RETREAT

Pacific Aikido Federation (PAF) is pleased to host the annual Aikido Summer Retreat. The retreat is open to all Aikido practitioners and offers aikidoka four days of focused Aikido training with optional Zazen meditation mornings and evenings.

The retreat is situated among the redwoods in scenic Western Sonoma County. Accommodations and meals are included. Daytime activities consist of three Aikido classes. Evenings are an informal gathering. Cabin style lodging is a short walk from the training hall. Cafeteria meals include vegetarian options. Laundry facilities are available, (bring soap). The camp ends after lunch on Sunday. Please plan accordingly. The schedule of activities and driving directions to CYO Camp are available at [www.pacific-aikido.org](http://www.pacific-aikido.org).

## What to bring

Each participant is responsible for bringing their own:

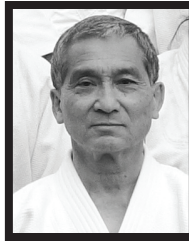
- **Bedding** (sleeping bag, pillow, blankets, alarm clock, earplugs, etc.)
- **Toiletries** (towel, soap, shower shoes, etc.)
- **Training gear** (gi, weapons, etc.)

Other useful items: swim suit, laundry soap, refillable water bottle, zafu.

Expect sunny, warm days and cool evenings.

## T-shirts

Camp t-shirts featuring Sensei Shiohira's calligraphy are available. Please see order form.



**Shiohira Sensei** began his training over 47 years ago at Waseda University in Tokyo, Japan under Shizuo Imaizumi Sensei. He was a live-in student at Hombu Dojo for one year and studied under the second Doshu, Kisshomaru Ueshiba

Sensei. He received training from all the 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, Horihiro 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. Several of his students have become Aikido Masters (Shihan), Zen Masters, and several more advanced students just continue training. He has been teaching Aikido for over 40 years in Northern California and is the founder and chief instructor of the Pacific Aikido Federation. He seeks to maintain a dojo where students can be free from distractions, training to see things as they truly are and moving towards realizing a fulfilled life.

*Aikido*, 2010, calligraphy by Shiohira Sensei  
Photography and design by Theresa Currie

T-shirt size/quantity	S ___ M ___ L ___ XL ___ 2XL ___
T-shirt quantity	_____ x \$20 = \$ _____
Camp fee	+ \$ _____
Total	\$ _____

Make checks payable to "Aikido Center"

Early registration before August 7 = \$400

Late registration after August 7 = \$450

Final day for registration is August 15

To contact the camp director call  
Mike at (831) 801-0807 or email  
[pafcampssummer@pacific-aikido.org](mailto:pafcampssummer@pacific-aikido.org)

