

# Aikido Winter Retreat

Annual training with

**Hideki Shiohira Sensei,  
7<sup>th</sup> Dan Shihan**

**Friday, February 12<sup>h</sup> thru  
Monday, February 15<sup>th</sup>**

**2010**

**Presidents Day Weekend**

**Four 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 \_\_\_\_\_  Male  Female

Email: \_\_\_\_\_ Emergency Contact \_\_\_\_\_

I understand that the study of aikido involves movements which are potentially dangerous and I hereby release PAF, Aikido Center, instructors, guest instructors, and officers thereof from liability incurred from participation in the Winter Retreat.

**For minors only:** I further understand that if I am under the age of 15, I must be accompanied by a parent or legal guardian

Signed \_\_\_\_\_ Date \_\_\_\_\_

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

Signed \_\_\_\_\_ Date \_\_\_\_\_

(signature of camp participant)

## Dear Aikidoist:

The Pacific Aikido Federation (PAF) is pleased to host the eleventh annual **Aikido Winter Retreat**.

This year we again have the opportunity to train with Hideki Shiohira Sensei, 7<sup>th</sup> 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. New dormitory accommodations are available. 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.

It will be four days of intensive training from Friday to Monday with 9 meals. Note that Monday is a holiday so no need to miss work or school. Also note that Sunday is Valentines Day. We will offer a 3 day training package from Friday to Sunday, with six meals, for those of you who need to spend this day with your loved ones.

Registration this year can be done on-line at [www.pacific-aikido.org](http://www.pacific-aikido.org) or by mail. Parking is limited, so please carpool if possible.

## Winter Training

The 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.

Dormitory accommodations are available and each participant will bring their own sleeping bag, pillows, towels and toiletries in addition to their training gear, including weapons.



## Registration Deadlines:

By Saturday, January 26<sup>th</sup>, 2010:

Four days – \$400.00

Three days – \$300.00

After Saturday, January 26<sup>th</sup>, 2010:

Four days – \$450.00

Three days – \$350.00

Final day for registration is February 8, 2010.

No refunds can be given after this date.

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.

Detach and mail to:

## Winter Retreat

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

Make checks payable to Don Stratton.

For more information please call (707) 591-1620.

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

He has been training in and teaching Aikido for over 40 years. He began studying Aikido as an undergraduate at Waseda University Aikikai under Shizuo Imaizumi *Sensei*. He continued training at Waseda during graduate school and had one year of live-in 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 Shin Shin 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.