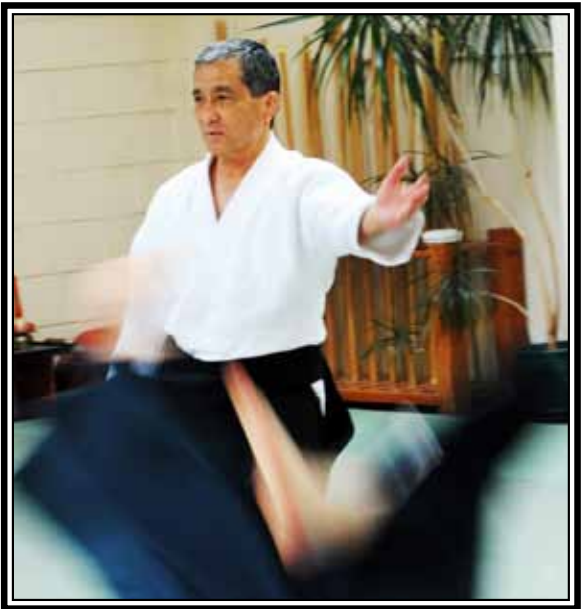


# Aikido

## Winter Retreat

Annual Training with  
**Shiohira Sensei,**  
**7<sup>th</sup> Dan Shihan**



**Friday, February 15 thru  
Monday, February 18, 2013**  
**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](http://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 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

## Dear Aikidoist:

Pacific Aikido Federation (PAF) is pleased to host the fourteenth annual Aikido Winter Retreat.

This year we again have the opportunity to train with Hideki 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.

The retreat will be four days of intensive training from Friday to Monday with 9 aikido classes, 6 zazen sessions (optional), and 9 meals. T-shirts featuring Sensei's calligraphy can be ordered at the website.



## 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.

**Parking is limited so please carpool if possible.**

### 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 27, 2013**

Before – \$400.00

After: – \$450.00

**Wednesday, February 6, 2013** – Registration closes

Can't make all 4 days? Contact Don for daily rates.

**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.

## Shiohira Sensei

Shiohira Sensei has been training in and teaching Aikido for over 45 years. He began studying Aikido at Waseda University Aikikai under Shizuo Imaizumi Sensei. He also trained at Hombu Dojo 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 live in that understanding.

