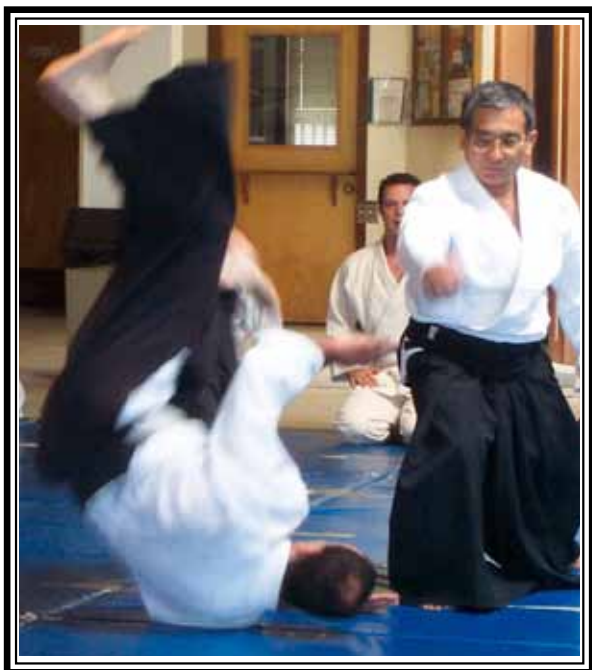


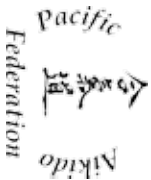
Aikido Summer Retreat

with
**Shiohira Sensei,
7th Dan Shihan**



**Thursday, August 26 thru
Sunday, August 29, 2010
26th Annual Summer Camp**

PAF Summer Camp 2010
c/o Jeff Madinski
280 Liberty Street
San Francisco, CA 94114



(If possible, please pre-register online at 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 Summer Retreat.

Signed _____ Date _____

(signature of camp participant)

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)

Dear Aikidoist:

Pacific Aikido Federation (PAF) is pleased to host the 26th annual Aikido Summer Retreat.

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

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 and Schedule

Summer Retreat will be four days of intensive training from Thursday to Sunday with nine meals, nine Aikido classes and 6 zazen sittings (optional). Camp begins on Thursday with check-in from 3:00 to 5:00, dinner from 5:00 to 6:00, class from 6:30 to 7:30 followed by zazen from 7:45 to 8:30. Friday, Saturday, and Sunday will have the usual schedule. The camp ends after lunch on Sunday. Please plan accordingly.

The final schedule is available at the PAF web site (see the link below) as well as directions to the CYO Center.

T-shirts featuring Sensei's calligraphy can also be ordered from the web site.



Registration Deadlines:

Tuesday, August 7, 2010

Before – \$400.00

After: – \$450.00

August 17, 2010 – Final day for registration

No refunds can be given after this date.

Pre-register online (preferred) at

www.pacific-aikido.org/Camps/gasshuku.html

or register via mail by completing the form.

Detach and mail to:

PAF Summer Camp 2010

c/o Jeff Madinski

280 Liberty Street

San Francisco, CA 94114

Make checks payable to Aikido Center.

For more information call Jeff at (415) 505 0490.

Shiohira Sensei

Shiohira Sensei 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, Morihiko 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.

