

AIKIDO

SUMMER RETREAT



**Pacific Aikido Federation
25th Annual Summer Camp
Thursday, August 13 through
Sunday, August 16, 2009
Instructor: Hideki Shiohira
Sensei, 7th Dan Shihan**

**PAF Summer Camp 2009
c/o Jeff Madynski
280 Liberty Street
San Francisco, CA 94114**

(If possible, please pre-register online at <http://www.pacific-aikido.org/Camps/gasshuku.html>)

Name _____ Phone (____) _____
Address _____
City _____ State _____ Zip _____
Home Dojo _____ Rank _____ Age _____ Male Female
Email _____
Emergency Contact Name and Phone _____ Emergency Contact Relationship _____

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 PAF Summer Camp.

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 25th annual Aikido Summer Retreat.

This year we again have the opportunity to train with Hideki Shiohira Sensei, 7th Dan Shihan. The Summer 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. 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. Registration can be completed on the web or via mail. Parking is limited at the CYO camp, so please carpool if possible.

What to Bring

Gis, weapons, flip-flops, pillow, sleeping bag / blanket, alarm clock, soap, shampoo, towels, washcloth, deodorant, eye drops, razor, toothbrush, toothpaste, flashlight, camera, books, ibuprofen, allergy pills, ear plugs, quarters for coin laundry



Registration

Before July 25, 2009: \$400.00

On or After July 25, 2009: \$450.00

Final Day for registration is August 4, 2009. No refunds can be given after this date.

Fees include instruction, room and board, and 9 meals in the Lodge.

Registration Instructions:

1. **Online Registration Form:** (preferred) Click the registration link at <http://www.pacific-aikido.org/Camps/gasshuku.html>. Complete the online registration, then print the registration confirmation page. Sign and date it. Mail the signed print copy with your check.
2. **Brochure Registration Form:** If you cannot register online, complete the form on this brochure, sign and date it, and mail it in along with your check.
3. Mail your completed registration form along with a check payable to "Aikido Center" to the following address:

PAF Summer Camp 2009
c/o Jeff Madynski
280 Liberty Street
San Francisco, CA 94114
4. Information regarding ordering camp T-Shirts is available online at the link above.
5. The first class is scheduled to begin at 2:30 pm on Thursday 8/13 after registration from 12-2 pm. The last class will finish by noon on Sunday 8/16. Please plan accordingly.
6. Directions to the CYO Retreat Center are available on the website registration page.
7. If there are any additional questions or issues please call Jeff (415) 505 0490.

Hideki Shiohira, 7th Dan Shihan



Shiohira Sensei has been training 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. He wants to maintain a dojo where one can be free from distractions.