

AIKIDO of SANTA CRUZ a nonprofit, educational organization
www.aikidosantacruz.org 306 Mission Street, Santa Cruz CA 95060 (831) 423-8326

*"Aiki is not a technique to fight with or to defeat an enemy.
It is the way to reconcile the world and make humanity one family."
- Morihei Ueshiba, Founder of Aikido*

"The Practice of Peaceful Power and Powerful Peace"

Aikido Demonstrations at the Santa Cruz Civic Auditorium

July 14, 2007 - 3:30-5:00 pm

Dear Friends, Colleagues and Community Members:

Aikido is the practice of *peaceful power and powerful peace*. **You are invited** to an inspiring once-in-a-lifetime event that has attracted black belt Aikidoists from Japan, Europe and the USA to share the depth of their art and practice with our local community.

On Saturday, July 14, from 3:30 – 5:00 P.M., internationally recognized instructors will share their special gifts of this elegant and dynamic martial art. Harmonious resolution of conflict will be demonstrated by various techniques and artful “throws”.

This event will be exciting, engaging, and informative for teachers, students, public service workers, health providers, yoga instructors, martial artists, conflict mediators, spiritual practitioners, parents, and community leaders. Just about anyone, really. We hope you - and the guests of your choice - will join us!

Motomichi Anno Sensei, head Aikido instructor from Santa Cruz’ sister city of Shingu, Japan, will be the guest of honor. Anno Sensei holds an 8th degree black belt (at the age of 76) and was a direct student of the founder of Aikido. Linda Holiday Sensei, chief instructor of Aikido of Santa Cruz and among the most highly ranked female Aikido practitioners in the world, will offer brief commentary to introduce the instructors and help you understand what you see “on the mat”.

It was an Aikido exchange, in 1974, which started the Sister City connection between Santa Cruz and Shingu, Japan. Every year there continue to be citizen exchanges which actively strengthen international peace and understanding. This special relationship will be honored at Saturday’s event by current representatives of the Santa Cruz Sister City Committee, as well as the four Aikidoists who began the connection 33 years ago!

Prepare to be inspired along with us...

Aikido is beautiful to watch. During the demonstration on Saturday, July 14, you will have a chance to observe first hand the principles and strategies that bring to life this unique practice. Our hope is that you might discover something in Aikido that will serve you in your own day-to-day challenges.

Enclosed are two complimentary tickets to the event. You may obtain additional complimentary tickets by calling Aikido of Santa Cruz by at 423-8326 or sending an email to info@aikidosantacruz. Admission without a complimentary ticket is \$5 at the door. Please note that children under 14 accompanied by a parent do not need their own tickets.

If you have questions please feel free to call me at 831 234 9086.

I hope to see you there!

Laurie McCann
Community Outreach Coordinator
Aikido of Santa Cruz – a non-profit, educational organization

P.S. Where in your life could you use a bit of peaceful power and powerful peace? Bring this question with you – perhaps you will leave with some insights!