

Motomichi Anno Sensei, 8th Dan
Chief Instructor of Matsubara Dojo in Kumano City; Senior Instructor at Aikido Kumano Juku in Shingu, Japan.

Anno Sensei began his study of Aikido in 1954, in Shingu. Anno Sensei has devoted himself to O Sensei's teachings of harmony and love through Budo. His flowing movement, impeccable posture and emphasis on the heart of the art have made him an influential teacher of numerous western Aikidoka.

Mary Heiny, 6th Dan
Seattle, Washington.

After years studying Aikido in Japan in the 60's and 70's, Mary Heiny served as Chief Instructor of several dojos in the United States and Canada. An itinerant North American treasure of Aikido with over 35 years experience, Mary Sensei's dynamic technique is complemented by her accessible and eloquent teaching style.

Linda Holiday, 5th Dan
Chief Instructor of North Bay Aikido, Santa Cruz, CA.

Linda Holiday began her study of Aikido in 1970. She trained intensively in Japan for several years in the 70's & since 1976 has devoted herself to the founding and development of North Bay Aikido. Linda Sensei consistently focuses on the key concepts of OSensei's vision of Aikido in a down-to-earth way.

Jack Wada, 6th Dan
Chief Instructor of Aikido San Jose, CA.

Since beginning his training in 1969, Jack Sensei has dedicated himself to the integration of physical and spiritual practice in Aikido. His deeply refined and inspired technique, coupled with his long years of weapons training and meditative practices, make Jack Sensei a tremendous resource.

“True victory is victory over oneself.” O Sensei

North Bay Aikido
306 Mission Street
Santa Cruz CA 95060



2003
SUMMER
INTENSIVES

@

NORTH BAY AIKIDO

SANTA CRUZ

CALIFORNIA

Mary Heiny

Jack Wada

Linda Holiday

With special guest instructor

Motomichi Anno Shihan

**JULY 10-13: AIKIDO,
MISOGI &
MEDITATION**

**JULY 17-20: AIKIDO &
WEAPONS PRACTICE**

JULY 10-13: AIKIDO, MISOGI & MEDITATION

CO-TAUGHT BY SENSEIS:

MOTOMICHI ANNO SHIHAN

MARY HEINY

LINDA HOLIDAY

With *misogi* in Nature

In the first Intensive, we will explore the integration of on-the-mat Aikido training with several modes of meditative practice: seated meditation, *kototama*/chanting, and *misogi* purification. Each day we will train ourselves physically and spiritually, to deepen our connection to the goals and practices of O Sensei's Aikido. To unite with the power and beauty of Nature, we will also do *misogi* outdoors, - an inspiring practice done by O Sensei that we carry on to this day.

JULY 17-20: AIKIDO & WEAPONS PRACTICE

CO-TAUGHT BY SENSEIS:

MOTOMICHI ANNO SHIHAN

JACK WADA

LINDA HOLIDAY

With outdoor weapons practice

In the second Intensive, we will alternate the practice of Aikido *taijutsu* (open hand techniques) with the practice of the traditional Aikido weapons of wooden sword and staff. O Sensei said, "Aikido is derived from the movement of sword and spear". Let's explore what he meant by that. There will be introductory weapons sessions as well as more advanced training. We will also train outdoors, to connect with the expansive power and peacefulness of Nature. Our goal is to integrate *taijutsu* and weapon practice within the positive context of Aikido.

Registration

All participants must register in advance by completing and signing the registration form. A deposit is required to hold your place. Confirmation of registration will be sent to you, along with additional information. If the Intensive is filled, your name will be placed on a waiting list. Registrations cannot be transferred to another person.

Intensive Registration Fees

One weekend: \$135

Both weekends: \$250

A group meal (Friday lunch) will be provided for all participants and is included in the registration fees.

Cancellations

For cancellations received on or before June 18th, deposits will be refunded less a \$25 service fee. After June 18th, the registration fee will not be refunded unless we can fill your space.

Important Dates

May 20th: Scholarship applications close

June 9th: Balance due

July 10th: First Intensive starts

July 17th: Second Intensive starts

Questions?

Contact North Bay Aikido: (831) 423-8326; sretreat@northbayaikido.org

Or visit our website at:

www.northbayaikido.org

Scholarships

The scholarship fund comes from participating Aikidoka who wish to help extend this wonderful opportunity to other Aikidoka who may be in need of financial assistance. Please consider making a donation of \$20 or more to keep this community based fund flourishing. North Bay Aikido is a nonprofit educational corporation - your donation is tax deductible. Thank you.

If you would like to apply for one of these scholarships, request an application when you send in your registration form and deposit. Scholarship applications will be accepted until May 20th.

Location

The 2003 Summer Intensives will be held at the North Bay Aikido dojo in Santa Cruz on the central coast of California. We have over 2,000 square feet of training area. The dojo also has a large kitchen, four bathrooms, showers, a student lounge, dressing rooms, library, office, children's play room and a garden. Santa Cruz is famous for its beautiful beaches, redwood forests, excellent restaurants and the University of California Santa Cruz campus is close by. (We will return to doing the Summer Retreat at the university campus in upcoming years.)