



*“The universe is composed of many different parts, yet the universe as a whole is united as a family and symbolizes the ultimate state of peace. Holding such a view of the universe, Aikido cannot be anything but a martial art of love.”*

*--Morihei Ueshiba Osensei, founder of Aikido*

**QUESTIONS? Call us at (831) 423-8326, box 4;  
email: [sretreat@aikidosantacruz.org](mailto:sretreat@aikidosantacruz.org);  
or visit our website at: [www.aikidosantacruz.org](http://www.aikidosantacruz.org)**



Calligraphy by Osensei:  
“True victory;  
Victory over oneself”

**17<sup>th</sup> ANNUAL  
SANTA CRUZ  
AIKIDO  
SUMMER  
RETREAT**

**Motomichi Anno Shihan**

**Mary Heiny**

**Linda Holiday**

**Jack Wada**

**July 7-11, 2010**

**Santa Cruz Civic Auditorium**

**Downtown Santa Cruz, CA**

*“The goal of Aikido is to bring people together in friendship and harmony.”*

*—Morihei Ueshiba Osensei*

## ABOUT THE SUMMER RETREAT

The Santa Cruz Aikido Summer Retreat generates a training atmosphere of sincerity and mutual respect. We are committed to equal opportunity for Aikidoists of any gender, race, nationality, sexual orientation or rank. We all benefit from the skills and insight of experienced practitioners while welcoming and progressing with newer students of the art.

In coming together for the 17th Annual Summer Retreat, we reaffirm the goal of integrating body, mind, and spirit in our practice. In addition to numerous daily opportunities for general keiko (training), the retreat offers classes with an emphasis on meditation and misogi... time to train, talk, eat, and dance together... many ways to deepen our experience of Aiki community and our personal development as students on “The Way of Harmony.”

### “THE FUTURE OF AIKIDO”

Our theme for the 2010 Retreat is *The Future of Aikido*. As the world-wide Aikido community now enters the fifth decade since the passing of its inspirational founder, how is Aikido conveyed from one “generation” to another? What changes, what remains the same? What is *your* role in this transmission? What is the individual and collective effort needed to ensure that the path of Aikido, which has given us all so much, flourishes into the future? Join us in reflecting on these important questions at the 2010 Summer Retreat.

### RETREAT LOCATION

We are happy to announce that the 2010 Summer Retreat will be held once again at the Santa Cruz Civic Auditorium, in the heart of downtown Santa Cruz. Built in 1939 and host to many of the city’s most beloved events, “the Civic” has a spacious training area, ample seating areas, and a great atmosphere. Its central location puts it within easy walking distance of our dojo, numerous restaurants, parking lots, and city bus lines. Come train in the heart of Santa Cruz!

*“The retreats have been some of the most enjoyable training times of my life.”*  
—SC Retreat Participant

## TRANSPORTATION

The two closest airports to Santa Cruz are San Jose International [SJC] (30 miles) and San Francisco International [SFO] (75 miles). Shuttle service is available from either airport directly to the Retreat. Check our website for transportation information: [www.aikidosantacruz.org](http://www.aikidosantacruz.org)

## DETAILS ON LODGING

VERY IMPORTANT! Please try to schedule your housing early, **reserve ASAP**. Santa Cruz is a popular summer vacation spot.

- Vacation Rentals (vrbo.com, Google): Many choices, housing from 2 to 16 people. Cost varies with property, but can be much lower than hotels per person. See our website for some examples.
- Hotels, Motels, B&B’s: Summer prices tend to be high...(generally over \$100 per night) and double on weekends. Please see our website for links to nearby choices, from “just a bed to crash in” to romantic B&B’s.
- Santa Cruz Youth Hostel: 3 night maximum stay (but might extend). \$28 per night, some beds may be reserved, some held for chance travelers. A lovely place – see [www.hi-santacruz.org/](http://www.hi-santacruz.org/) for more information. 5 minutes from Civic.
- Dojo slumber party! As part of our financial aid program, there are a limited number of scholarships for out of town participants to stay for free at Aikido of Santa Cruz. The dojo is just a few blocks from the Civic (we also have showers and a kitchen). Please indicate on the scholarship application if you are interested in this option. Scholarships are available for Aikidoists attending the full retreat.

For our Retreat dojo...  
Once again we have arranged  
to use Zebra Mats™ Olympic  
style tatami mats to cover our  
training area! Contact us to  
purchase discounted mats after the retreat! [www.zebramats.com](http://www.zebramats.com)



## 2010 SUMMER RETREAT INSTRUCTORS

### Motomichi Anno Shihan, 8<sup>th</sup> Dan

**Chief Instructor, Aikido Kumano Juku, Shingu, Japan**

Anno Sensei began his study of Aikido in 1954 in Shingu, at the dojo Osensei founded in his native region of Kumano. Anno Sensei's flowing movement, impeccable posture, and emphasis on Osensei's message of harmony and love through *Budo* have made him an influential teacher of many Western Aikidoists. Anno Sensei is a treasured member of the rapidly passing first generation of Aikido teachers who learned directly from Osensei. A student of Osensei during the last 15 years of the founder's life, Anno Sensei succeeded the late Michio Hikitsuchi Sensei, 10th dan, as Chief Instructor in Shingu in 2004. Anno Sensei teaches with heart and humility, and invites us closer to Osensei's art and spiritual path.

#### ***...An important note about Anno Sensei's participation:***

*"This is a rare opportunity to train under Anno Sensei, as he joins us for the Santa Cruz Summer Retreat one more time, this July. He will be 79 years old, after 56 years of dedication to Aikido! Anno Sensei told me that he has a firm intention to be here for the Retreat, but he wants everyone to know it is "health permitting", and if his health falters he may be unable to come. When I visited Anno Sensei in Japan last fall, he seemed in good health, but no one has a crystal ball to see the future. So, please pray for Anno Sensei's continued good health, and join us at the Summer Retreat!"* –Linda Holiday

### Mary Heiny Sensei, 6<sup>th</sup> Dan

**Seattle, Washington**

Mary Heiny first experienced Aikido in Tokyo in 1964, where she was deeply inspired by Osensei's presence. After returning to the U.S. in the 70's, she served as Chief Instructor of several dojos in the United States and Canada. Mary Sensei's dynamic technique and profound insight are complemented by her accessible and eloquent teaching style. She frequently teaches Aikido seminars in the United States, Canada, and abroad, bringing to every seminar a powerful message of the transformative nature of Aikido practice.

*"Through Aikido we may examine the nature of power, engage in uncompromising self-scrutiny, and realize our potential as powerful, compassionate, self-aware human beings."* - Mary Heiny Sensei

*"More important than the form of the technique is the intention behind it. Study carefully the intention of Aikido, its purpose and spirit. Strengthen your heart while you strengthen your technique".*

*--Motomichi Anno Sensei*

### Linda Holiday Sensei, 6<sup>th</sup> Dan

**Chief Instructor, Aikido of Santa Cruz, California**

Linda Holiday began her Aikido training in Santa Cruz in 1970. She then trained intensively in Japan for several years in the 70's. Since 1976 she has devoted herself to the founding and development of Aikido of Santa Cruz (formerly North Bay Aikido). Linda Sensei consistently focuses on the key concepts of Osensei's vision of Aikido in a down-to-earth way. Her classes are known for their energetic movement, *misogi* purification, and inclusive community spirit. Linda Sensei has also worked closely with Anno Sensei over the last ten years and serves as his interpreter.

### Jack Wada Sensei, 6<sup>th</sup> Dan

**Chief Instructor, Aikido of San Jose, California**

Since beginning his training in 1969, Jack Wada has dedicated himself to the integration of physical and spiritual practice in Aikido. His deeply based, refined and inspired technique, and his long years of weapons training and meditative practices, makes Jack Sensei a tremendous resource. His articulate, insightful teaching style opens up areas of profound inquiry and growth for Aikidoists of all levels.

*"...the spirit of Osensei was definitely abundant with each session. It is so refreshing to train with so many people dedicated to practicing with Osensei's teachings as the base."*

*–SC Retreat Participant*

## RETREAT ATTENDANCE OPTIONS & COSTS

*“As we all respond to each other and the instruction, the retreat takes on a life of its own.”* – SC Retreat participant

The Santa Cruz Aikido Summer Retreat is characterized by the community feeling and intensification of learning that builds when a group trains together for multiple days, under multiple senseis skillfully blending their instruction. You will have the best experience, and give the most back to your fellow Aikidoists, by sustaining your training in this way. We encourage you to register for the full Retreat. The training fee is \$250 for the full 5-day Retreat if you register before June 15, and \$275 after that date.

This year, in light of Anno Sensei’s rare appearance, we will also allow partial registration for *full single days only*, if you cannot attend the whole retreat. Please register in advance if possible (or before 9:30 am on the day of your attendance). Please note that there is *no single-class registration option except for Wednesday night*. Anno Sensei plans to teach on Thursday, Friday, and Saturday mornings, but the schedule is subject to change. A detailed schedule showing all classes and activities will be made available on our website before the Retreat.

	Register by June 15	(After June 15)
<b>Full Retreat</b>	<b>\$250</b>	<b>(\$275)</b>
Wed 7:00-8:45 pm class	\$30	(\$35)
Thu, Fri, or Sat all day (each day)	\$75	(\$80)
Sun 7-8:00am & 10am-12:30pm	\$45	(\$50)

*Please check our website for detailed schedule information.*

### **SCHOLARSHIP FUND**

The scholarship fund is entirely supported by retreat-goers. Please consider making a \$25 donation or more, to extend this special training opportunity to Aikidoists in financial need. Aikido of Santa Cruz is a 501(c)(3) non-profit organization; donations are tax deductible. *Thank you!* Scholarships are available for Aikidoists *attending the full retreat*. Please request or download an application form.

**Scholarship applications must be submitted no later than June 1<sup>st</sup>.**

## RETREAT COMMUNITY CONNECTIONS

*“I loved the camaraderie of hanging out with so many folks from so many different areas.”* – SC Retreat participant

### **LODGING**

Making connections and enjoying off-the-mat time with other Aikidoists is one of the great pleasures of attending a multi-day retreat. The Japanese word for retreat, *Gasshuku*, literally means “lodging together.” Various lodging options are available to retreat attendees from out-of-town – Hotels, B&B’s, and the Santa Cruz Youth Hostel. Please see the last page of this booklet or our website for details. It is the responsibility of each retreat participant to arrange their own accommodations.

Please Note: For all lodging options, it is vital to reserve early, as Santa Cruz fills up in summer with vacationers.

### **MEALS**

Dining options are varied: Within walking distance of the Civic are many excellent cafes & restaurants of all price levels, a Trader Joe’s and a health food store. We will give you a map of downtown with recommended locations marked. We will also be facilitating a simple order-in lunch on Friday; you must pre-order by 9:15AM that day for this option. Saturday evening we will gather after dinner for Desserts and Dancing in the beautiful Aikido of Santa Cruz dojo.

### **PARKING**

We will provide you with a map for parking suggestions. Three all-day parking lots (max \$5/day) are within walking distance. Please contact us in advance about a Civic parking lot permit if you are a participant with special needs.

### **MAKING CONNECTIONS WITH OTHERS**

There is a Google group set up for people to make housing, dining, and carpooling connections. Go to our website [www.aikidosantacruz.org](http://www.aikidosantacruz.org) and find the Google group link in the Summer Retreat section.