

K A N G E I K O !! at AIKIDO OF SANTA CRUZ
Aikido Winter Training Intensive 2019
Sunday, January 20 - Saturday, January 26
A Week for Aikidoists of All Ages

During KANGEIKO--Winter Training Intensive--we intensify our Aikido training for one week in the “coldest” time of year. The Santa Cruz Aikido Kangeiko began in 1976 and has continued every year for over forty years! Winter Training is a traditional practice in many Japanese arts, such as Aikido, Kendo, Karate, and Calligraphy. It is a way to strengthen your mind, body, and spirit....and increase your sense of commitment and community. We invite you to join us in this wonderful tradition.

The Spirit of Winter Training is to challenge yourself, and to meet that challenge successfully. As O-Sensei frequently said, “**True victory is victory over oneself.**” Train as much as you can! There are multiple classes each day, led by chief instructor Linda Holiday, many senior ASC instructors including Glen Kimoto Sensei, and UCSC chief instructor Yoshi Shibata. We welcome visiting Aikidoists from other dojos! Please see ****Visitor Information** below.

For Aikidoists ages 6-12: Young Aikidoists are encouraged to participate in Kangeiko by training daily or frequently during the week. All of our youth classes (Monday through Thursday afternoons) will be open to all ages of students who are enrolled in our youth programs. An additional youth class is added on Friday, January 25, 4:30-5:30 pm. On Sunday and Saturday, the 10:30-12:00 classes are for “All Ages” (youth and adults) as well.

Each youth student who trains at least 4 days will receive a Kangeiko Certificate. Students who train all 7 days will, in addition, receive a piece of Japanese calligraphy brushed by Linda Holiday Sensei.

For adult and teen Aikidoists: There are multiple classes every day, our usual daily class schedule, plus **early morning Kangeiko classes 6:30-7:30 every day.** There will also be a special Sunday evening class, 6:00-7:30 pm. All ASC students as well as visitors from out of town, who train at least once a day for 7 days, will receive a piece of Japanese calligraphy brushed by Linda Holiday Sensei, on the last day of Kangeiko.

Training frequency: Train as much as you can! The ideal in the Kangeiko tradition is to do “daily training” – at least one class a day, for seven days. But

if you increase your usual training frequency even just a little, you will definitely benefit from the Winter Intensive. **If you want to train every day, but you are unable to** attend any of the dojo classes on one of the 7 days, you may create your own individual, off-the-mat Kangeiko training that day – and it still “counts”! It needs to be at least one hour of training. You can practice with sword or staff on your own, or practice solo Aikido movements, or *Misogi* (such as *Shin Kokyu*). Practice Aikido outside in Nature for a wonderful experience.

****Visitor Information:** You will find that Aikido of Santa Cruz is a friendly place to train as a visitor. We welcome you into our community for the week! **Training fees for out-of-town Visitors:** \$15/day, or \$95 for the whole week. **Visitor Housing:** Please contact us in advance at info@aikidosantacruz.org if you are interested in the possibility of staying in the dojo. Our dojo building has a kitchen, 3 showers, 4 bathrooms, and bedding for a limited number of people. We ask a \$20/night donation to the dojo for staying there. It may also be possible to stay with ASC students; please ask us! There are also many hotels in Santa Cruz. **For groups:** a good option is to rent a whole house, with a kitchen. Check with www.airbnb.com, www.vrbo.com, ahouseinsantacruz.com, HomeAway, and other online resources for “vacation house rentals”.

Buy Raffle Tickets! The Kangeiko Raffle supports the educational and scholarship programs of Aikido of Santa Cruz. Buy tickets for your chance to win one of these three grand prizes: **Grand Prize I** (for adults/teens): Free admission to our 5-day **Santa Cruz Aikido Summer Retreat**, July 10-14. **Grand Prize II** (for Aikido youth): Free admission to our 5-day **Kids Aikido Summer Camp**, August 5-9. **Grand Prize III:** A beautiful handcrafted wooden clock by Glen Kimoto Sensei. Buy Raffle tickets at the dojo during the week of Kangeiko, or online (in January) at www.aikidosantacruz.org. Prizes will be awarded on the last day of Kangeiko; you need not be present to win!

Kangeiko will conclude on Saturday, January 26 with 3 morning classes at Aikido of Santa Cruz: 6:30-7:30 am, 9:15-10:15 (basics), and 10:30-12:00 (all levels; adult/teens/youth together). There will be a **ceremony at noon** with the presentation of Certificates, then **the potluck lunch & raffle drawing**. Come and celebrate Winter Training with your Aikido community!

AIKIDO OF SANTA CRUZ

a nonprofit educational organization, serving the community since 1982

306 Mission Street, Santa Cruz, California 95060

www.aikidosantacruz.org - (831) 423-8326 - info@aikidosantacruz.org