



KANGEIKO!! at AIKIDO OF SANTA CRUZ Sunday, January 22 - Saturday, January 28 Aikido Winter Training Intensive 2023 **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. Santa Cruz Aikido Kangeiko began in 1976 and has continued every year for over forty years! It is a way to strengthen your mind, body, and spirit...increase your sense of commitment...and build community. Increase your training -- by one class or every day for a week!

KANGEIKO is free to ASC members! And we welcome visiting Aikidoists from other dojos, as well as former ASC students: Please join us! Visitor mat fee is \$15/day, or \$90 for the whole week of Kangeiko. Please see ****VISITOR INFORMATION** below.

"TRUE VICTORY IS VICTORY OVER ONESELF." – **O-Sensei** The spirit of Winter Training is to challenge yourself, to meet that challenge successfully, and to support others. **Train as much as you can!** There are multiple classes each day, led by chief instructor Linda Holiday and dedicated instructors: Glen Kimoto, Peter Ralls, Alan Holiday, David Sofen, Dennis Wheeler, Aimen Al-Refai, Lou Birmingham, Jeanne Sofen, Neil Mick, Nico Secunda, Shawn Murphy, Emily Honig, Jay Munyer, Robert Summers, Jeff Reed.... Join with the community and meet the Kangeiko challenge!

寒稽古 KANGEIKO CALLIGRAPHY All adult/teen ASC students as well as Visitors, 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.

FOR ADULT AND TEEN AIKIDOISTS: There are multiple classes every day: our daily schedule of classes plus an additional **Sunday evening class, 5:00-6:30 pm**, as well as **early morning Kangeiko classes, 6:30-7:30 am every day**. Train as much as you can!

FOR AIKIDOISTS AGES 6-12: Young Aikidoists are encouraged to participate in **Kids Kangeiko** by training daily, or any amount, during the week. All our youth and teen classes (Monday through Thursday afternoons) will be open to all ages of students who are enrolled in our youth/teen programs. There is an additional youth/teen class on Friday, January 27th, 4:30-5:30 pm. And the **Sunday and Saturday 10:30-12:00 classes are for "ALL AGES"** (youth/teens and adults all together).

寒稽古 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, ASC chief instructor.

**** VISITOR INFORMATION:** Aikido of Santa Cruz is a friendly place to train as a visitor. We welcome you to our community for Kangeiko week!

Training fees for Visitors: \$90 for the whole week, or \$15/day.

TO ATTEND: Sign up in advance on the ASC website. Create an online account: <https://aikidosantacruz.org/mindbody-registration> Upload your proof of Covid vaccination or email to the ASC office. Then reserve your classes in advance, online.

Please note! Well-fitting facemasks are required, while inside the Dojo building.

Contact the ASC office with any questions about signing up online or attending ASC classes. info@aikidosantacruz.org or 831-423-8326

KANGEIKO 2023 CONCLUDES ON SATURDAY, JANUARY 28 with three morning classes: **6:30-7:30 am**, **9:15-10:15** (Intro), and **10:30-12:00** (All Levels & All Ages: adult/teens/youth together). **A ceremony at noon** to present Kangeiko Certificates and Calligraphy, then an outdoor **potluck lunch** for the whole community, and the **Giveaway Drawing**.

THE GIVEAWAY: Every person who trains at least once at Aikido of Santa Cruz during the week of Kangeiko will be entered in the **Giveaway Drawing** on Saturday. Each time you train, you get another Giveaway ticket! Gifts to be awarded include:

- **Grand Prize I** (for adults/teens): Free admission to our 4-day **Santa Cruz Aikido Summer Retreat**, July 6-9, 2023.
- **Grand Prize II** (for Aikido youth): Free admission to our 5-day **Kids Aikido Summer Camp**, July 2023.
- **Grand Prize III:** A beautiful handcrafted wooden clock by Glen Kimoto Sensei.
- Contact us at info@aikidosantacruz.org to offer a gift to the Giveaway.

Please donate to support Kangeiko & ASC! <https://aikidosantacruz.org/donate>

Your donations provide essential support for Aikido of Santa Cruz as we continue to emerge and rebuild, after the pandemic shutdown. We are a nonprofit, public-benefit, charitable 501(c)3 organization, so donations are tax-deductible to the fullest extent of the law. We couldn't do this without you. Deep Gratitude!

Aikido of Santa Cruz: a nonprofit, educational organization since 1982
<https://aikidosantacruz.org> 306 Mission St, Santa Cruz, CA 95060

