

**SANTA CRUZ AIKIDO SUMMER RETREAT**  
**30<sup>th</sup> Anniversary Celebration!**  
**JULY 6 - 9, 2023**

co-taught by Senseis Mary Heiny & Linda Holiday

with Guest Instructors:

*Kayla Feder, Michael Friedl, Kimberly Richardson, Jack Wada,  
Ginny Breeland, Mike Weber, Ricardo Jenez, Nico Secunda*

**“True Victory” 正勝 Masa Katsu**

*(Sensei) (Times) (Subject to change)*

**THURSDAY JULY 6**

Holiday	10:30 – 12:00	Keiko (Class) <i>(for All, at Civic Auditorium)</i>
Heiny	2:00 – 3:15	Keiko <i>(for All, at Civic Auditorium)</i>
Weber	3:30 – 4:30	Keiko <i>(for All, at Civic Auditorium)</i>
Feder	7:00 – 8:15	Keiko <i>(for All, at Civic Auditorium)</i>

**FRIDAY JULY 7**

Heiny	7:00 – 8:00 am	Keiko <i>(for All, at Civic Auditorium)</i>
Holiday	10:00 – 11:15	Keiko <i>(for All, at Civic Auditorium)</i>
Heiny	11:30 – 12:30	Keiko <i>(for All, at Civic Auditorium)</i>
Secunda	2:30 – 3:30	Class - for 1 <sup>st</sup> Kyu & below <i>(at ASC dojo)</i>
Jenez	3:45 – 4:45	Class - for 1 <sup>st</sup> Kyu & below <i>(at ASC dojo)</i>
Wada	2:30 – 3:30	Black Belts– Sword & Tachidori <i>(at Civic Auditorium)</i>
Breeland	3:45 – 4:45	Black Belts– Sword & Tachidori <i>(at Civic Auditorium)</i>
Friedl	7:15 – 8:30 pm	Keiko <i>(for All, at Civic Auditorium)</i>

**SATURDAY JULY 8**

Heiny	7:00 – 8:00 am	Keiko <i>(for All, at Civic Auditorium)</i>
Richardson	10:00 – 11:15	Keiko <i>(for All, at Civic Auditorium)</i>
Holiday	11:30 – 12:30	Keiko <i>(for All, at Civic Auditorium)</i>
All	12:30 – 1:00	Group Photo & Celebration of 30 years of the Retreat!
Heiny	3:30 – 5:00	Keiko <i>(for 4<sup>th</sup> dan &amp; above, or over 20 years of Aikido) at Aikido of Santa Cruz Dojo</i>
Holiday	3:30 – 5:00	Keiko <i>(for All through 3<sup>rd</sup> dan, at Civic Auditorium)</i>

*(This is a free evening – with a Samurai Movie Night open to all, starting 6pm at Mike Freeman’s place: 9430 Manzanita Ave, Ben Lomond. Snacks provided. Please see flyer for details.)*

## **SUNDAY JULY 9**

Holiday & others	7:00 – 8:00 am	Misogi Practice - at <b>Seabright</b> State Beach <i>Wear gi, no hakama, shoes optional, bring towel. Bring your Bokken (wooden sword), or borrow one at the beach. Please park and walk QUIETLY through the neighborhood! See flyer for details and directions.</i>
Heiny	10:00 – 11:30	Keiko <i>(for All; at Civic Auditorium)</i>
Holiday	11:45 – 12:45	Keiko <i>(for All; at Civic Auditorium)</i>
All	12:45 - 1:00	Ending Circle
	1:00 pm	Pack up mats (thanks for helping!)

***A deep bow of gratitude to all.***

***See you next year!***