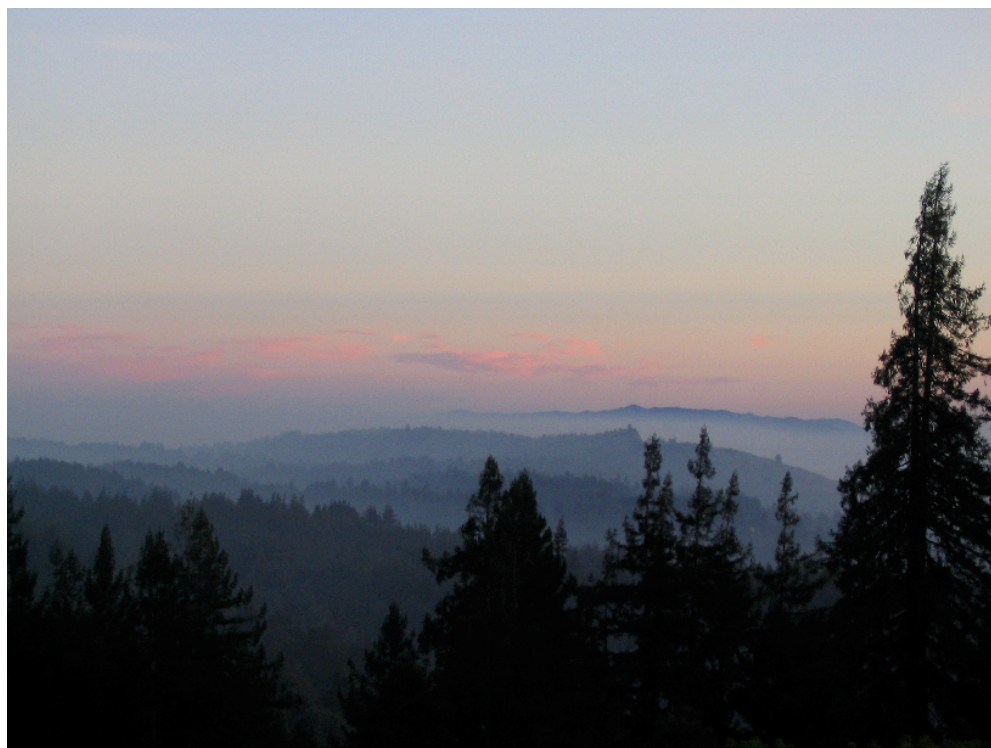


Kangeiko 2005

A Cold Weather Practice

January 15-17

Featuring the Co-founders of Shintaido, H.F. Ito and Michael Thompson, and also presenting instruction by Shintaido of America Senior Instructors.



F. Schulz

Kangeiko, a cold weather study at the beginning of the new calendar year, is an opportunity to prepare oneself physically, emotionally and spiritually for 2005. The Shintaido Kangeiko curriculum traditionally includes kenjutsu, or sword technique.

This January, seven keiko will be offered; each providing a unique opportunity to practice Shintaido technique as well as to learn more about oneself, one's relationship to others and one's relationship to nature. Three keiko offer a choice between open hand Shintaido and Shintaido sword technique. Three keiko will be practiced together as a group. One evening keiko will blend Feldenkrais and Shintaido. Join us at this special annual event - engage in the Shintaido community - experience our winter retreat on the mountain top!

Mount Madonna Center

2005 marks Pacific Shintaido's fourth visit to this peaceful mountain top retreat. While surrounded by 355 acres of open meadows and redwood forests, guests of Mount Madonna will enjoy a 100% vegetarian menu, accommodations to suit individual needs, and 24 hour access to the on-site gymnasium dojo. Hot tub and massage facilities are also available.
www.mountmadonna.org

Kangeiko Staff

Kangeiko Director of Instruction: Connie Borden-Sheets

Shintaido Master Instructors: H.F. Ito and Michael Thompson

Shintaido Senior Instructors (by order of teaching appearance)

Including but not limited to:

Connie Borden Sheets, Rob Gaston, Jennifer Peringer, Shin Aoki,
Lee Seaman, Jim Sterling, Friedemann Schulz, Kazu Shibao

Examiners: H.F Ito, Michael Thompson, Jim Sterling, Shin Aoki

Gasshuku Co-Managers: Byron Russell and Robin Hathaway

www.pacshin.shintaido.org/KangeikoRegistration

2005 Kangeiko bonus ~ A daily keiko for kids!



J. Sterling



G. Kedoin

Beyond Kyukajo

Kangeiko 2005

Advanced Workshop

This year *H.F. Ito Sensei* will introduce the extended kenjutsu curriculum. This curriculum beyond Kyukajo was created by Sensei's Ito, Minagawa, and Okada. *Beyond Kyukajo* represents the combined work and study of kenjutsu research over several decades by these three masters. The subject will be bokutoh and the curriculum will be application of the current 10 kumitachi and beyond.

Date: Friday, January 14th

Location: The Boys and Girl's Club of San Francisco
1950 Page Street ~ San Francisco (between Stanyan and Shrader Streets)

Time: 8:15 AM– 2:00 PM

Cost: \$ 80 (includes box lunch)

Prerequisite: Shintaido Graduate ranking or higher

Questions: Judy MacLaren by phone: 650-359-5914 or inspiredperformance@sanbrunocable.com



B. Russell

For help with transportation or housing, please contact Michael DiPietro:

415-264-3040 or mdp@integraldevelopment.net

Register online!

www.pacshin.shintaido.org/KangeikoRegistration

Questions? Kangeiko05@earthlink.net

Cancellation Policy:

\$ 30 non-refundable registration fee.

Cancellation after 12/31/04: 75% refund.

Sorry, no refunds after Jan. 13, 2005.

REGISTRATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

How long have you practiced Shintaido? _____

Shintaido ranking _____ Bojutsu ranking _____ Karate ranking _____

Injuries or health concerns that may affect my practice are: _____

_____ (more space on back)

Your registration fee covers: instruction (7 keiko), economy lodging (4-6 per room), meals (100% vegetarian).

Adults & Teens	\$ 265	x _____ no. attending =	\$ _____
Children (2-12 years)	\$ 155	x _____ no. attending =	\$ _____
Adult non-participant	\$ 220	x _____ no. attending =	\$ _____

I wish to upgrade (optional) my accommodations for an additional \$ _____

Single w/ attached bathroom	\$ 158	<u>per person</u>
Single	\$ 130	“ “ “
Double w/ attached bathroom	\$ 86	“ “
Double	\$ 66	“
Triple (limited supply)	\$ 34	“

Discount for first time gasshuku (retreat) attendee! \$10	(-)\$ _____
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Discount 2005 Shintaido of America (SoA) member \$15	(-)\$ _____
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Renew online today!

Exam fees (Please see exam fee chart below.)	\$ _____
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Advanced workshop with H.F. Ito \$ 80	\$ _____
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Late fee (Reg. received <u>after Jan.5,th</u>)	\$10 (+)\$ _____
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Please make checks payable to Pacific Shintaido.

TOTAL \$ _____

Mail payment with this page to Pacific Shintaido, PO Box 1979, Novato, CA 94948

Better yet, register online at www.pacshin.shintaido.org/KangeikoRegistration

Are you a 2005 member of Shintaido of America? ☐ yes ☐ no

☐ I need housing prior to event ☐ I can offer housing for _____ people

☐ I need a ride to Mount Madonna ☐ I can drive _____ people to MM

☐ I need a ride to the Adv. Workshop ☐ I can drive _____ people to AW

Thank you for registering for Kangeiko 2005!

(continued) ...any injuries, health concerns or other feedback for Managers:

Exams will be offered at Kangeiko.

Fully paid 2005 members of SoA are eligible to challenge the following rankings:

Bojutsu and Karate Exams

10 kyu - 6 kyu	\$30
5 kyu - 1 kyu	\$40
Shodan	\$150*
Nidan (Bo only)	\$200*

Shintaido Exams

Adv. Student	\$40 (evaluation only)
Assistant	\$40
Graduate	\$150*
Instructor	\$200*

* Includes a one-time fee for diploma and licensing to be paid upon passing the exam



S. Aoki

What people said about 2004...

“Mount Madonna is my favorite Kangeiko site. I hope we continue to have Kangeiko here.”

“The rooms are also very comfortable and warm, and the bathrooms are clean and very functional.”

“...a massage session in the evening, before exam feedback. Brilliant!”

“I enjoyed having the children practice and hope we can include them in all gasshuku's with either group practice or children's practice.”

“I registered online, it was easy!”

“I truly had a blast, it was one of the best gasshuku ever for me.”

Register online with a credit card. We thank you!

www.pacshin.shintaido.org/KangeikoRegistration