



A SUMMER SHINTAIDO WORKSHOP AT OCEAN BEACH:

Where Land and Ocean meet TEN*

Shintaido in Japanese means New Body Way. Shintaido is an unique combination of martial arts and body movement that cultivates the spirit along with the mind and body. ***Ten** – the Japanese word for heaven.

Beginners Welcome. Shintaido is open to everyone and can be enjoyed by the athletic and un-athletic alike.

Instruction by HF Ito, a fifth degree black belt in Shintaido Karate and Shintaido Bojutsu, is a Master level instructor of Shintaido.

Saturday, July 25 and Sunday July 26, 2009 | Class, 8 – 10 am each day

Ocean Beach, entrance at Lawton and Great American Highway

Fee: \$90 for SOA member, \$130 for non-SOA member

Registration includes two classes, three meals and attendance at Saturday afternoon exams.

To Register: Visit www.pacshin.shintaido.org or mail form with check payable to PacShin PO Box 1979, Novato, CA 94948-1979

Registration

NAME _____ ADDRESS _____

PHONE _____ EMAIL _____

Do you have any injuries? yes no Do you have any dietary restrictions? yes no

PLEASE EXPLAIN _____ PLEASE EXPLAIN _____

Please check any that apply.

- I need housing prior to event I can offer housing for #_____ people
- I need a ride to class I can drive #_____ people to class

Are you planning to take exams? (if yes, please pay separately at registration with check payable to SOA)

yes no

Are you a 2009 member of Shintaido of America? yes no

Give your rank: Shintaido _____ Karate _____ Bojutsu _____