

# 28th Annual Aikido Summer Camp in the Rockies

July 27 – August 3, 2008, Glenwood Springs, Colorado — Presented by Boulder Aikikai

It is our pleasure and privilege to announce that for the fourth consecutive year, our teachers Mitsugi Saotome shihan, Frank Doran shihan, and Hiroshi Ikeda shihan will be joined by special guest instructor, Kenji Ushiro, Master of Okinawa Kodan Karate Shindo-ryu.



The character representing this year's Summer Camp is "Dō" (way, path). In the three previous Summer Camps, our four master instructors guided our attention inward, helping us explore the heart of budo—the invisible and intangible realm of breath, connection and power.

We learned practices with which to make these elements our own, to help us bring our movement and form into alignment with the evolving truth within ourselves.

Now, in this fourth Summer Camp, we are ready for the next step—to embark upon our personal creative paths, our "Dō". Please join us for an exceptional experience with our remarkable teachers.

***"Creativity <or Aikido> is a spiral path. You will circle through some of the issues over and over, each time at a different level. There is no such thing as being done. Frustrations and rewards exist at all levels on the path."***

*Julie Cameron, The Artist's Way*

All students of Aikido, regardless of affiliation, are sincerely invited to join us for our 2008 Summer Camp in the Rockies.

## Instructors

### Mitsugi Saotome shihan

*Aikido Schools of Ueshiba, Sarasota, Florida*

Mitsugi Saotome shihan is the founder and chief instructor of Aikido Schools of Ueshiba [www.asu.org](http://www.asu.org). Before immigrating to the U.S. in 1975, Saotome sensei was an instructor at Aikikai Honbu Dojo. He is dedicated to the memory of O-Sensei, whom he served faithfully as an uchideshi for fifteen years until O-Sensei's passing in 1969. He is the author of two books, *Aikido and the Harmony of Nature* and *Principles of Aikido*, as well as a number of instructional DVDs.

### Frank Doran shihan

*Aikido West, Redwood City, California*

Frank Doran shihan, one of the most senior of American aikidoists, is founder and chief instructor of Aikido West in California [www.aikido-west.org](http://www.aikido-west.org). His varied background in the martial arts began with judo in 1955. As a U.S. Marine, he was a hand-to-hand combat instructor and police defensive tactics instructor. He began his aikido training in 1959. Doran sensei is a frequent guest instructor at seminars in the U.S. and abroad, teaches at Stanford University and is a leader of the Aikido Association of Northern California.

### Kenji Ushiro shihan

*Shindo-ryu Karate-do, Osaka, Japan*

Kenji Ushiro shihan is a direct student of Shindo-ryu Karate-do master, Nikichi Zaha. In 1967 Ushiro sensei began his training at the karate club of Miyazaki University in Kyushu. Following graduation, he moved to Osaka, where he became the disciple of Zaha shihan and a winner of many competitions. He also holds the rank of 7th dan iaido kyoshi of the All-Japan Kendo Federation. Ushiro sensei is an electronics engineer, inventor, computer programmer, and martial arts instructor. He is the author of the book *Budo no Genten (The Roots of Budo)*. For more information about Ushiro shihan, we refer you to Aikido Journal [www.aikidojournal.com/article.php?articleID=11](http://www.aikidojournal.com/article.php?articleID=11).

### Hiroshi Ikeda shihan

*Boulder Aikikai, Boulder, Colorado*

Hiroshi Ikeda shihan is founder and chief instructor of Boulder Aikikai. He began his study of aikido in 1968 at the aikido club of Kokugakuin University in Tokyo, of which Saotome sensei was the chief instructor. Upon graduation, he trained regularly at Honbu Dojo and at Saotome sensei's Remeijuki Dojo. In 1978 he followed Saotome sensei to the U.S., and in 1980 established Boulder Aikikai. He is a frequent guest instructor at aikido seminars in the U.S. and abroad. It was at Aiki Expo 2002 that he made the acquaintance of Ushiro sensei, and now it is with great pleasure that he welcomes Ushiro sensei for the second time to Boulder Aikikai's Summer Camp in the Rockies.

## Registration

Registration begins February 15. To ensure your space, please register early! Please note that spaces usually fill up by early April.

**Register online:** [www.boulderaikikai.org/sc](http://www.boulderaikikai.org/sc)

We are pleased to offer the availability of online registration and payment, with secure credit card processing through PayPal. We encourage both local and international participants to use this convenient registration method.

**Please note:** This option is only available with full payment; you will be required to sign a paper copy of your registration and liability release form when you check in at Camp.

All persons must be registered in advance. No on-site registrations. Registrations will be accepted on a first-come, first-served basis by actual date of online registration or by post-mark date, if mailed. An individual registration form must be completed by each participant and include either full payment or deposit. Each space at camp must be used by the individual registrant, and may not be shared.

A confirmation of your registration and payment, along with more information about camp, will be sent to you within two weeks. Please allow for this turn-around time before contacting us to confirm your registration.

**Mail-in Registration:** Please read and complete the registration/release form fully and return it with payment. Incomplete forms and forms without payment will be returned for completion before being processed. Please pay careful attention to your form; don't overlook the birth date, witness and signature sections.

For dojo submitting multiple registrations, please send a separate registration form and payment for each participant. Please call if you have questions.

Waiting List: If the camp is full, you will be placed on a waiting list and notified of your position. If you decide to change Plans, you must cancel from one plan and reregister for the other. Your second registration will be processed in order of its online or postmark date.

Please note: In order to fairly handle the individuals on our waiting list, registrations are non-transferable.

Camp participants must be 15 years of age or older by May 1. Parent or guardian must sign and witness a minor's registration/release form. If a minor attends camp without a parent or guardian, the parent/guardian must also provide a letter designating an adult camp participant as the person responsible for the minor during camp.

### Full Plan

(All fees are per person)

The Full Plan includes lodging on campus, meals and training fee for the entire camp. Rooms are double occupancy only; no single rooms are available.

**\$730** Fee (two/room)  
**\$430** Deposit due with registration (by May 1)  
**\$300** Balance due by June 15  
Fee is due in full when registering through PayPal.

### Non-Training Fee:

**\$655** (two/room, includes room and meals)  
**\$400** Deposit due with registration (by May 1)  
**\$255** Balance due by June 15  
Fee is due in full when registering through PayPal.

If you have a roommate preference, please confirm with that person before you designate him/her on your registration. Be sure that your designated roommate intends to come to camp and that each of you indicates the other on your registration. Please try to avoid making last minute changes. We make every effort to honor roommate requests, but cannot guarantee them.

Each room contains twin beds and has an attached bath. Linens, blankets and towels will be provided. If you desire the Full Plan, but are able to attend only part of the camp, you must reserve your space by paying the full fee for the entire week.

Rooms at Colorado Mountain College are available to camp participants from check-in on Sunday, July 27 through the morning of Sunday, August 3, only. If you plan to be in the area before or after Camp, you must arrange to stay off campus.

### Independent Plan

The Independent Plan includes only keiko for the entire camp. Participants on this plan need to make their own lodging arrangements prior to camp. Meals may be purchased in the dining hall if desired. Parents please note: the campus does not offer many activities for non-training family members; you may wish to consider independent lodging in nearby Glenwood.

**\$500** Fee due with registration (by May 1)

### Independent Lodging

There are a variety of lodging options in the Glenwood Springs area, including hotels, motels and cabins. Your best source of assistance is the Glenwood Springs Chamber Resort Reservations, 888-445-3696. To avoid any costly disappointment, be sure you have a confirmed Summer Camp reservation with Boulder Aikikai before booking any non-refundable reservations.

### Camping

There are many Forest Service campgrounds within 13-30 miles of campus. For information, contact the Forest Service at 970-963-2266 or visit [www.reserveusa.com](http://www.reserveusa.com). For reservations, call 1-877-444-6777.

### Meals

Meals will be served in the CMC dining hall. Service will begin with dinner on July 27, and end with breakfast on August 3. Three meals will be served daily. Please be sure to indicate your meal preference, meat, vegetarian or lactose free, on your registration form. All meals are included in the Full Plan package. Those with Independent/Camper lodging arrangements may purchase any of their meals in the dining hall.

### Cancellation Fees

All cancellations will be considered final; your registration cannot be reinstated. However, you may reregister with a new postmark date.

|             | <b>Full Plan</b> | <b>Independent Plan</b> |
|-------------|------------------|-------------------------|
| After May 1 | \$75             | \$50                    |

After June 30, subject to loss of full registration fee.

## Getting Here

The Colorado Mountain College Spring Valley Roaring Fork Campus is located 10 miles south of Glenwood Springs and 40 miles north of Aspen. The college is approximately 200 miles west of Denver. We suggest that you fly directly to Aspen and rent a car. An alternative is to fly to Denver, rent a car, and enjoy the scenic four-hour drive to camp. The facilities in the Glenwood Springs/Aspen area are in high demand in August; it's important that you make travel and lodging arrangements early.

Please be aware that Boulder Aikikai has limited ability to provide transportation from both Denver and Aspen to camp. We appreciate your making every effort to arrange your own transportation.

Wednesday, July 30 is a "free day" for sightseeing and enjoying the area. There are a variety of activities for both individuals and groups, including river rafting, hiking, spelunking, fishing, mountain biking and horseback riding. All activities may be arranged at camp. Training with senior students will also be available.

## Checkout

Our Summer Camp officially ends on Sunday morning, August 3. Our last class ends at 12:30 pm on Saturday, August 2. There will be a Saturday afternoon checkout for those electing an early departure. Saturday evening we will organize a group visit to the Hot Springs Pool in Glenwood.

Final checkout is by 9:00 am Sunday morning.

## Contacting Us

Find the latest Summer Camp updates on the web.

**Web:** [www.boulderaikikai.org/sc](http://www.boulderaikikai.org/sc)

**E-mail:** [hotline@boulderaikikai.org](mailto:hotline@boulderaikikai.org)

**Summer Camp Hotline:** 1-303-447-6464

## Don't Forget

For convenient, instant online registration and credit card payment, visit [www.boulderaikikai.org/sc](http://www.boulderaikikai.org/sc).

For printable PDF brochures and registration forms, go to [www.boulderaikikai.org/sc](http://www.boulderaikikai.org/sc).

Registrations will be accepted on a first-come, first-served basis in the order that they are received. If Camp is full, you will be notified and placed on the waiting list.

Please mark "no signature required" if you send your registration by overnight mail.

Registration/release forms and payments must be received at the same time or they will not be processed. Incomplete registration forms will not be processed. Please take time to read and complete the form in its entirety. Online registrants will be required to sign a paper copy of the form at camp check-in.

All registrants will receive a second mailing with more information and reservation confirmation. You will be asked to respond with information about your departure date and time. This information helps us to control costs and keep prices down.

Colorado Mountain College is a drug and alcohol-free campus.

## Schedule

Sunday, July 27:  
Check-in 3:00 – 5:30 pm  
Dinner 6:00 – 7:00 pm  
Keiko 7:45 – 9:15 pm

Monday & Tuesday:  
Full day of keiko and related activities.

Wednesday, July 30:  
Day off for sightseeing and/or optional training with senior students.

Thursday & Friday:  
Full day of keiko and related activities.

Friday evening:  
Dinner party and dance at historic Hotel Colorado in Glenwood Springs.

Saturday, August 2:  
Last class 10:00 am – 12:15 pm  
Early check-out 3:00 pm  
Picnic dinner, hot springs soak

Sunday, August 3:  
Final check-out by 9:00 am