



BOULDER AIKIKAI'S

# Aikido Summer Camp

July 19-23, 2023

Ikeda Shihan + Hofmeister Sensei



BOULDER AIKIKAI

2424 30th Street, Boulder, Colorado

Boulder Aikikai is a non-profit educational organization and welcomes students of any race, gender, color, religion, and national or ethnic origin.

## Welcome

This year we celebrate 43 years of Summer Camp, we're very happy you're here. We are again doing a unique, hybrid event with in-dojo and on-line practice.

### Wednesday, July 19

6:00–6:55 pm Tres  
7:05–8:00 pm Troy

### Thursday, July 20

10:00–10:55 am Jenn  
11:05 am–noon Tres  
noon 2-hour  
lunch break  
  
2:00–2:55 pm Jun  
3:05–3:55 pm Tres  
4:05–5:00 pm Troy

### Friday, July 21

10:00–10:55 am Tres  
11:05 am–noon Jenn  
noon 2-hour  
lunch break  
  
2:00–2:55 pm Tres  
3:05–3:55 pm Jun  
4:05–5:00 pm Tres

### Saturday, July 22

10:00–10:55 am Troy  
11:05 am–noon Tres  
noon 2-hour  
lunch break  
  
2:00–2:55 pm Jenn  
3:05–3:55 pm Tres  
4:05–5:00 pm Jun  
6:00 pm Party

### Sunday, July 23

10:00–10:55 am Troy  
11:05 am–noon Tres

## Dojo Notes

Please observe the same etiquette as you would in your home dojo.

Please try to be on time for class. If you arrive late, please wait at the side of the mat until the sensei waves you on. If you must leave, do so quietly.

If a sensei is personally instructing a student in your vicinity, please sit down and watch, allowing plenty of space. However, please continue to train if the instructor is not in your area, unless he signals for everyone's attention.

Please do not enter, leave, talk or walk around while an instructor is demonstrating.

Boulder Aikikai members will be working hard to keep the mat swept and clean. Your help will be appreciated.

## Questions

If you need help with any aspect of camp, don't hesitate to speak with Jenn, Danielle or Troy.

## Altitude

Remember you're training at altitude. Drink plenty of water throughout the day. It's suggested you have your own water bottle. Water will also be provided by the front desk. If you need to take a break, please do.

## Medical/Emergencies at the Dojo

First-aid supplies are located in each changing room. In the event of an accident or medical emergency at the dojo, please notify a senior Boulder Aikikai member.

Everyone is expected to correctly follow the procedures for accidents involving bloodspills. Please refer to your registration form.

## Off-the-Mat Emergencies

In the event of off-the-mat emergencies, please call 911.

Twenty-four hour emergency service is available at Foothills Hospital, located 10 minutes from the dojo.

4747 Arapahoe Ave, Boulder, CO 80303  
(303) 415-7000

## Parking

Please be considerate of our neighbors and don't park along the building during business hours, Thursday and Friday, 9am–6pm. Any of the spaces along the south side of the parking lot (creek/bike path side) are available throughout the day. There is additional parking in the lot across 30th St. and along Mapleton Ave.

## Meals

We will have a pizza party after the Saturday classes. All other meals are your responsibility. Please see the included restaurant sheet for various eateries around town.

## Yudansha Passbooks

Please drop your passbook in the basket on the front desk. They will be available for pick up Saturday afternoon.

## Laundry

Folsom Street Laundry  
1785 Folsom St, Boulder, CO 80302  
(303) 442-5339

## Wifi

Network: Boulder Aikikai Password: bokkenjo