



December 10th - 12th & 14th - 15th
Sangenkai Hawaii Workshop
With Dan Harden in Kona, Hawaii





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We are happy to invite you to participate in our December 2019 Sangenkai Hawaii workshop with Dan Harden. Five full days of training in Kona, on the Big Island of Hawaii!

This intensive workshop will be open to all, but we already have commitments from a number of overseas and mainland participants, and due to the limited number of spaces available these workshops usually fill up quickly. Please contact us as soon as possible to reserve a space if you are interested.

This seminar will explore exercises for the cultivation and development of internal power and Aiki, the terminology and methodology used by Sokaku Takeda and Morihei Ueshiba and the practical expression of these principles. These methods unite the mind/breath/body to move as one in order to activate and power technique. Activating the mind to control the body is not a simple meditative process, nor is it an ethereal enlightenment exercise with little value in the physical form. Historically these esoteric practices were pursued by warriors to generate power in a relaxed body in an age when their very lives were dependent on measurable results.

In order to allow sufficient contact time the workshop will be limited to 20-25 practitioners on a first come, first served basis. Preference will be given to those who have attended previous workshops, but there will also be spaces available for first time students.

- Solo stationary training
- Slow movement drills
- Paired stress training
- Management of force under stress
- Free martial movement
- Health and well being

Dan Harden is an internationally known instructor of the Internal Martial Arts, with over 40 years of experience in modern and classical Japanese Budo.

*The **Sangenkai** is an international association of groups and individuals across North and South America, Asia, Europe and Australia that come from a widely diverging range of arts and disciplines but are united by a common methodology and principles of training.*

Seminar Fee

\$500.00 for the full workshop, or \$100/day for partial attendance. If you are interested in partial attendance we recommend that you attend the earlier sessions as the material presented is cumulative, but participation in the weekend Saturday/Sunday sessions only is also permitted.

There is no registration at the door. Pre-payment is required for all registrants.

How to register - option 1	How to register - option 2
<p>Mail check and application forms to:</p> <p>Dan Harden, Shugyo Dojo 43 G.H. Wilson Rd Spencer, MA. 01562</p> <p>Then, email application form to info@aikidosangenkai.org for confirmation.</p>	<p>Pay via PayPal to homeoffice@charter.net</p> <p>Then, email application form to info@aikidosangenkai.org for confirmation.</p>

For More Information

Hawaii: Chris Li chrisli@aikidosangenkai.org | (808) 221-8656 or see AikidoSangenkai.org
Australia: Michael Nash nasherman@gmail.com | Steve Seymour seymour@easy.com.au

Location

Hosted on the Big Island of Hawaii by Aiki Kai O Kona: <https://aikikaiokona.wixsite.com/aiki>

December 10th / 11th / 12th (December 14th & 15th location TBA):

Makao County Pavilion
5500 Kuakini Hwy, Kailua-Kona, HI 96740

<https://goo.gl/maps/GC3f2sGik9E2>

Accommodation

We have a block of rooms reserved at the Kona Seaside Hotel: <https://www.konaseasidehotel.com/>
Please contact us for details, or use “Aiki Kai O Kona” when booking to get the group rate of \$119/night.

Schedule

**Daily schedule is subject to change.*

Morning session: 9 am – 12 pm / Lunch / Afternoon session: 1:30 pm - 5:00 pm

General Notes

The overall tenor of the seminar will be informal and interactive with ample opportunity for questions and answers throughout the day. Please wear comfortable gym/ workout style clothing. No keikogi, belts, or “Budo logo” T-shirts please. Sneakers, or bare feet are fine.

Bring a towel, bring your own pens/ pencils. notebooks for taking notes. Other than that just bring a good sense of humor and willingness to work.

Sangenkai Hawaii Workshop 2019 in Kona with Dan Harden – Application Form

Days Participating: December 10 (Tue) 11 (Wed) 12 (Thu) 14 (Sat) 15 (Sun)

\$100.00/day x number of days =

Name:

Address:

Phone: Email:

Training experience/ ranks:

GENERAL RELEASE AND WAIVER OF LIABILITY ASSUMPTION OF RISK, AND INDEMNITY

I understand that, as a participant or the legal guardian of a participant, that the practice of any martial art, including warming up exercises and training exercises as well as the performance of movements and techniques may require physical contact and that there is a possibility that injuries, including serious injuries and even death, may occur. Further that the possibility of contact with blood of another individual or individuals may occur. I recognize that I am personally assuming all of the risk of such injuries and contact, on my own behalf and/or on behalf of my child/children/ward(s). Furthermore, I release and fully indemnify Dan Harden, the directors, instructors and students of the Sangenkai and the Aiki Kai O Kona, as well as any other participants, property owners on whose property I may be entering and their successors and/or assigns for any and all liability occurring by or through my participation. It is my intention in signing this form to release and fully indemnify from all liability the organizers and all other participants in the event I am attending to the maximum extent allowed under the Hawaii Revised Statutes. If any portion of this release would be determined to be invalid as to any type of liability, it is my intention that the release and indemnification should continue and remain in effect as to any conduct, circumstances, or risks that may be properly released, indemnified, or assumed by me under the Hawaii Revised Statutes.

I have read the above waiver and release and agree to its conditions.

Name (Print):

Signature: Date:

(type signature to sign electronically)

Medical Insurance and Policy Number:

Physician's Name: Phone:

Existing Health and Medical Concerns (if any):

Contact in Case of Emergency: Phone:

Address: Relationship to You: