



February 10th - 11th 2018
Sangenkai Hawaii Workshop
With Dan Harden on Oahu





Sangenkai Hawaii Workshop on Oahu

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We are happy to invite you to participate in our February 2018 Sangenkai Hawaii workshop with Dan Harden.

Dan will be introducing new material at this workshop. The weekend open workshop will be followed by a five day private intensive workshop for the Sangenkai Australia group (current local Sangenkai practitioners are welcome to attend those sessions as well). 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.

Depending upon Dan's flight schedule there may be a pre-workshop evening session on Friday night, please contact us for details.

- 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

\$200.00 for the full workshop, or \$100/day for partial attendance. If you are interested in partial attendance we recommend that you attend the Saturday session as the material presented is cumulative.

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><i>Then, email application form to info@aikidosangenkai.org for confirmation.</i></p>	<p>Pay via PayPal to homeoffice@charter.net</p> <p><i>Then, email application form to info@aikidosangenkai.org for confirmation.</i></p>

For More Information

Chris Li: chrisli@aikidosangenkai.org | (808) 221-8656 or see www.AikidoSangenkai.org

Location

Oahu, Hawaii – details TBA

Schedule

**Daily schedule is subject to change.*

**There may be extra sessions before or after the workshops, contact us for details.*

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 on Oahu with Dan Harden – Application Form

Days Participating: February 10 11 \$100.00/day x # of days = \$

T-Shirt Size: S M L XL XXL

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 Kaneohe Community Club, the directors, instructors and students of the Aikido Sangenkai and the Windward Aikido Club, 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: