

SANTA CRUZ AIKIDO SUMMER RETREAT
30th Anniversary Celebration!
JULY 6 - 9, 2023

co-taught by Senseis Mary Heiny & Linda Holiday

with Guest Instructors:

***Kayla Feder, Michael Friedl, Kimberly Richardson, Jack Wada,
Ginny Breeland, Mike Weber, Ricardo Jenez, Nico Secunda***

“True Victory” 正勝 Masa Katsu

<i>(Sensei)</i>	<i>(Times)</i>	<i>(Subject to change)</i>
<u>THURSDAY JULY 6</u>		
Holiday	10:30 – 12:00	Keiko (Class) <i>(for All, at Civic Auditorium)</i>
Heiny	2:00 – 3:15	Keiko <i>(for All, at Civic Auditorium)</i>
Weber	3:30 – 4:30	Keiko <i>(for All, at Civic Auditorium)</i>
Feder	7:00 – 8:15	Keiko <i>(for All, at Civic Auditorium)</i>
<u>FRIDAY JULY 7</u>		
Heiny	7:00 – 8:00 am	Keiko <i>(for All, at Civic Auditorium)</i>
Holiday	10:00 – 11:15	Keiko <i>(for All, at Civic Auditorium)</i>
Heiny	11:30 – 12:30	Keiko <i>(for All, at Civic Auditorium)</i>
Secunda	2:30 – 3:30	Class - for 1 st Kyu & below <i>(at ASC dojo)</i>
Jenez	3:45 – 4:45	Class - for 1 st Kyu & below <i>(at ASC dojo)</i>
Wada	2:30 – 3:30	Black Belts– Sword & Tachidori <i>(at Civic Auditorium)</i>
Breeland	3:45 – 4:45	Black Belts– Sword & Tachidori <i>(at Civic Auditorium)</i>
Friedl	7:15 – 8:30 pm	Keiko <i>(for All, at Civic Auditorium)</i>
<u>SATURDAY JULY 8</u>		
Heiny	7:00 – 8:00 am	Keiko <i>(for All, at Civic Auditorium)</i>
Richardson	10:00 – 11:15	Keiko <i>(for All, at Civic Auditorium)</i>
Holiday	11:30 – 12:30	Keiko <i>(for All, at Civic Auditorium)</i>
Heiny	3:30 – 5:00	Keiko <i>(for 4th dan & above, or over 20 years of Aikido) at Aikido of Santa Cruz Dojo</i>
Holiday	3:30 – 5:00	Keiko <i>(for All through 3rd dan, at Civic Auditorium)</i> - (free evening) -

SUNDAY JULY 9

Holiday & others	7:00 – 8:00 am	Misogi Practice - at Seabright Beach <i>Wear gi, no hakama, shoes optional, bring towel. Bring your Bokken (wooden sword), or borrow one at the beach.</i>
Heiny	10:00 – 11:30	Keiko <i>(for All; at Civic Auditorium)</i>
Holiday	11:45 – 12:45	Keiko <i>(for All; at Civic Auditorium)</i>
All	12:45 - 1:00	Ending Circle
	1:00 pm	Pack up mats (thanks for helping!)

A deep bow of gratitude to all.

See you next year!