

# Arizona Aikido Prescott Bridge Camp

## September 6 – 9, 2012

### Featured Instructors



Hiroshi Ikeda Shihan is the founder and chief instructor of Boulder Aikikai in Boulder, Colorado. He currently holds the rank of 7th dan through Mitsugi Saotome Shihan and the Aikido World Federation.

Ikeda Sensei began his study of aikido in 1968, as a college student at Kokugakuin University in Tokyo. In 1978, he followed Saotome Sensei to Sarasota, Florida. In 1980, he moved to Boulder to establish Boulder Aikikai, an associate of Aikido Schools of Ueshiba. Ikeda Sensei developed the Bridge Seminars to bring together instructors and students from different organizations to further the growth of Aikido.

For more than forty years, Mary Heiny Sensei has followed a path of physical and spiritual inspiration as a student and teacher of Aikido. She started this journey in 1965 after watching O'Sensei teach a class at Hombu Dojo in Tokyo, Japan. The effect of this first encounter has inspired her through long hours of training and study.

Heiny Sensei brings to every class, workshop, and seminar she teaches not only her years of aikido training and teaching, but also her extensive experience and study of Japanese culture, language, Shinto and Buddhist philosophies, and Non-Violent Communication.



George Ledyard Sensei began his Aikido studies in 1976 under the direct instruction of Mitsugi Saotome Shihan and has continued this association ever since. Ledyard Sensei currently holds the rank of 6th Dan in Aikido and Shodan in Daito Ryu Aikijujutsu. He counts Hiroshi Ikeda, William Gleason, Howard Popkin, Mary Heiny, Tom Read, Endo Seichiro, and Dan Harden as strong influences on his Aikido.

Ledyard Sensei was recently made a member of the Ueshiba Juku by Saotome Sensei. This connotes a direct line of "transmission" from the Aikido Founder, Morihei Ueshiba, through Saotome Sensei to his personally trained students.

Lia Suzuki Sensei began Aikido in 1982. From 1987-1996 she trained in Kamakura, Japan with her present teacher and top student of the late grand master Seigo Yamaguchi Shihan, Takeda Yoshinobu Shihan, 8th dan. Suzuki was introduced to Takeda Shihan through her first teacher, William Gleason Sensei, 6th dan

In addition to teaching standard aikido classes in Pennsylvania and California, Lia Sensei has done pioneering work with youth and adults with mental health and substance abuse issues, using aikido as a therapeutic vehicle. .



Roger Fenneman Sifu has studied martial arts since 1981. In 1994 he began to concentrate on internal systems and has studied Xing Yi Quan, Liu He Ba Fa Quan, "old frame" Chen style Tai Ji Quan, Bagua Zhang and "new frame" Chen style Tai Ji Quan, which he practiced in China with Liu Chugong while also studying TCM and Chinese language. Roger returns to Chicago frequently to continue his training in Xingyi and Liu He Ba Fa Quan with Sifu Wailun Choi. Arizona Board licensed and Nationally certified by NCCAOM in both Acupuncture and Chinese Herbal Medicine, Roger has been studying and practicing Traditional Chinese Medicine since 1996.

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### Cost

Full Camp 4 days (Thur. night to Sunday noon)	\$300
Full Camp 3 days (Fri. night to Sunday noon)	\$275
Independent housing	
4 days (Thur. night to Sunday noon)	\$250
3 days (Fri. night to Sunday noon)	\$225
1 day with lunch (morning and afternoon sessions)	\$130
1/2 day no lunch	\$60
Thursday night class	\$50
Sunday class with lunch	\$70
1 meal	\$10
1 night stay	\$30
Banquet (included in Full Camp/Independent housing)	\$50

Early registration is appreciated!

Register online at <http://www.azaikido.com>. See the News item for the seminar for the registration link. Payment is accepted via PayPal, though you do not need a PayPal account to use your credit or debit card. You may send a check payable to Arizona Aikido to:

Arizona Aikido  
c/o Don Crawford  
2416 S. Mulberry  
Mesa, AZ 85202-7532

If you have questions or need special housing or transportation arrangements, please email [AZAikido@cox.net](mailto:AZAikido@cox.net).

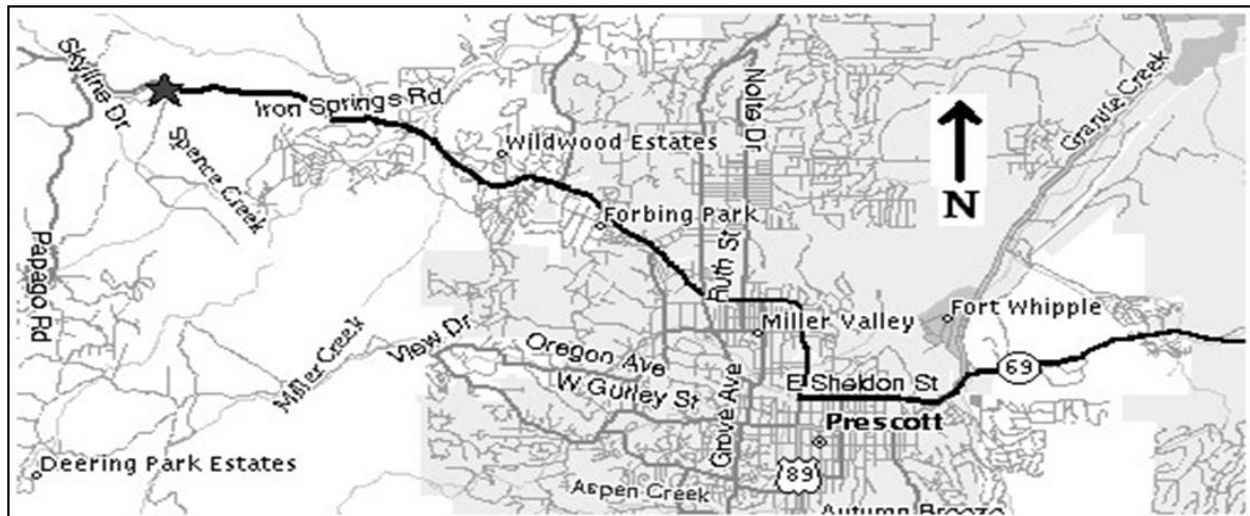
### Schedule

**First keiko is Thursday evening at 7:30 p.m.**

Early morning wakeup – Liangong health qigong 7:00 a.m.  
Breakfast 8:20 a.m.  
Morning keiko 9:45 a.m.  
Lunch 12:20 p.m.  
Afternoon keiko 2:20 p.m.  
Dinner 5:50 p.m.  
Friday evening—Aiki Store  
Saturday evening—Banquet—Hotel St. Michael 6:30 p.m.

## Camp Location

**Emmanuel Pines Camp  
3000 Spence Springs Road  
Prescott, AZ 86305**



### DIRECTIONS TO CAMP:

**From Phoenix, take I-17 north 70 miles to Cordes Junction.**

**At Cordes Junction, take route 69 west 30 miles into Prescott.**

**In Prescott, just beyond Jct. 89, stay in the right lane to Sheldon.**

**Follow Sheldon to the bottom of the hill to the light at Montezuma.**

**Turn right (north) on Montezuma - it curves left (west) into Whipple. Continue on Whipple to the intersection of Miller Valley/Willow Creek. Go straight through at the light.**

**Whipple becomes Iron Springs Road after the intersection.**

**Continue on Iron Springs Road 3 miles to the Emmanuel Pines turnoff. The turnoff is on the left. Proceed 1 mile to camp.**

**Please drive slowly.**

**There are residences and speed bumps along the road into camp.**

**The pavement ends in about a half-mile.**

**Registration is in the dojo, the large building on the left as you enter Emmanuel Pines Camp.**