



Hakuho-ryu Aiki Budo

With Rod Uhler — August 29th and 30th, 2009

The technical curriculum of Hakuho-ryu Aiki Budo consists of the techniques of Daito-ryu Aikijujutsu and Ono-ha Itto-ryu Kenjutsu, as transmitted to Okabayashi Shogen by Takeda Tokimune and Hisa Takuma. The difference between Hakuho-ryu and its parent styles is not so much its technical curriculum, but rather the methodological and philosophical foundations of the style. Focusing on five major areas of study and training — body movement, the composition of the human body, mental and physical development through breath training, understanding the self, and development of the five senses — as well as developing a scientific, non-mystical, method for transmitting the art, are what truly differentiates Hakuho-ryu from its kobudo roots.

Rod Uhler is returning home after living in Japan since 1994, during which time he trained intensely in Hakuho-ryu with Okabayashi Sensei. He is a licensed instructor of aikijujutsu and kenjutsu, and will be teaching both arts this visit.

Training will be conducted in two sessions each day, from 9:00 a.m. until 12:00 noon, and from 1:30 to 4:30 p.m.

The registration fee is \$125 for both days of training, or \$75 for a single day.

Saturday, August 29th — Aikijujutsu: The most fundamental, mechanical aspect of training emphasized in Hakuho-ryu is *hito e mi* (single-layer body) movement. This movement paradigm is different from the concept of *hito e mi* found in other martial arts. In Hakuho-ryu, the purpose of *hito e mi* is to eliminate any twist in the body during the execution of techniques and to emphasize the use of gravity as the driving force behind most all movement. Training on Saturday will convey an understanding of *hito e mi* by means of drills and Uhler Sensei will present a variety of applications of the principle in techniques. Participation in the aikijujutsu portion of the seminar is limited to 36 persons.

Sunday, August 30th— Kenjutsu: One of the chief inspirations for the *Dai Nippon Teikoku Kendo Kata* was the *Tokyo Koshi Go Gyo no Kata*, developed mainly by Takano Sasaburo of the Ono-ha Itto-ryu. Takano Sensei wanted a set of kata which were easy to learn and easy to teach, to provide kendo practitioners a better feeling for classical swordsmanship in order to improve their sword use in kendo, and he began teaching the kata to the kendo club at the elite Tokyo Teacher's College in 1904. The kata are based on the 60 basic kumitachi of the Itto-ryu, and are designed to teach harmonious, graceful, and elegant movements. Because Uhler Sensei will introduce all five Go Gyo no Kata, training may run later than 4:30 p.m. Participation in the kenjutsu portion of the seminar is limited to 24 persons.

Out-of-town participants in seminars hosted by Itten Dojo have two options for accommodations very near the dojo: the Holiday Inn Harrisburg West (800-772-7829 or www.hiharrisburgwest.com) or a brand-new Microtel Inn & Suites just down the street (www.microtelinn.com or 717-635-2523).



Seminar Registration Form — Hakuho-ryu, with Rod Uhler

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail address: _____

• Registration fee is \$125.00 for both days, or \$75 for a single day.

• I will attend:

Aikijujutsu — Saturday, August 29th

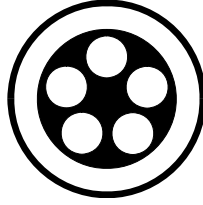
Kenjutsu — Sunday, August 30th

My check or money order is enclosed (Payable to “Itten Dojo, Inc.”)

I have signed and enclosed my release form

**Registration form and fee
due by 15 August 2009 to:**

**Itten Dojo, Inc.
4425 Valley Road, Suite 300
Enola, PA 17025-2079**



Itten Dojo, Inc.
4425 Valley Road, Suite 300
Enola, PA 17025-2079
717.728.8871 • ittendojocho@cs.com

Release of Liability — Hakuho-ryu Aiki Budo, with Rod Uhler

Itten Dojo, Inc., Rod Uhler, and Pyramid Real Estate Partnership, assume no liability for injuries or damages arising from participation in the August 29th and 30th, 2009, Hakuho-ryu seminar with Rod Uhler.

As is the case whenever commencing practice of any physical activity, participants are urged to consult a physician regarding their fitness to train. All activities possess certain inherent risks and hazards, which the participant assumes with full knowledge.

No persons under the age of 18 years will be permitted to participate.

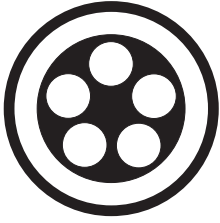
• I have read the above waiver, understand its content, and agree to abide by it. I release Rod Uhler, Itten Dojo, Inc., its officers, instructors, and members, and Pyramid Real Estate Partnership (owners of the seminar site), its officers, members, and employees, from all liability.

Participant's Signature

Date

Name (Please Print)

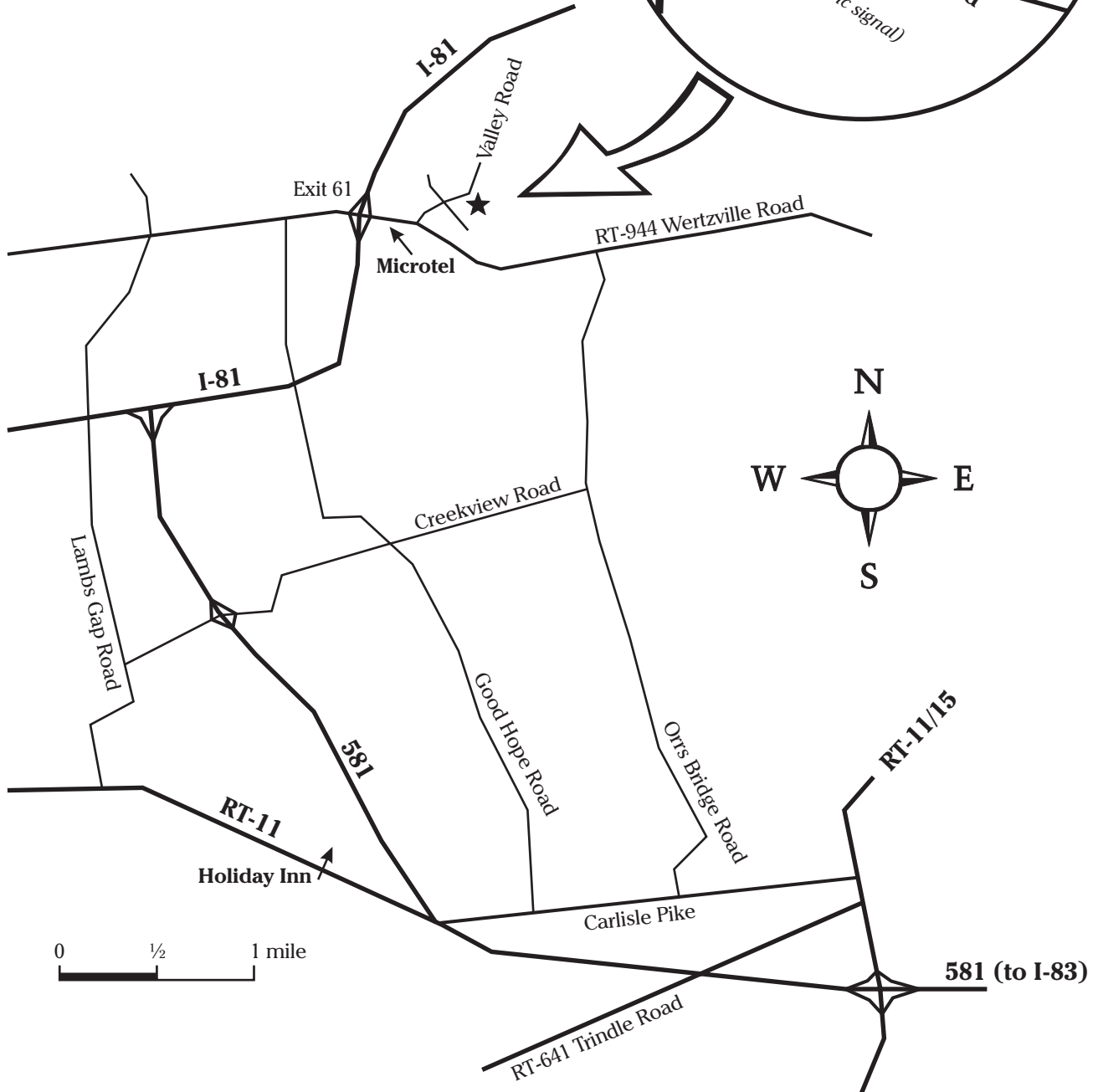
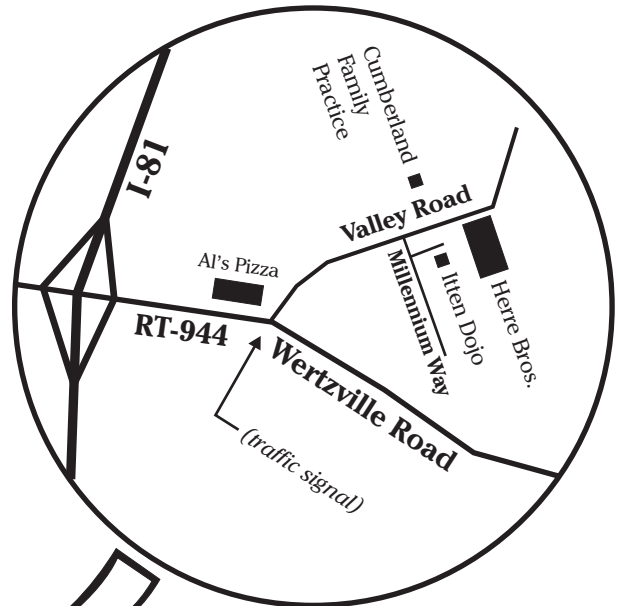
Date of Birth



Itten Dojo

Traditional Martial Arts of Japan

Pyramid Business Park
4425 Valley Road, Suite 300
Enola, PA 17025-2079
Phone: 717.728.8871
E-mail: ittendojocho@cs.com



From I-81 Exit 61, turn east on Wertzville Road (RT 944). Turn left onto Valley Road at the traffic signal and then, after just three-tenths of a mile, turn right onto Millennium Way at the entrance to Pyramid Business Park. Take the first left into the parking lot of the first building on the left, then walk down around the right side of the building to the lower-level entrance to the dojo. In nice weather, a blue flag with the dojo crest is flown at the top of the concrete staircase leading to the dojo.