

15 Days of Pain – IX Summer Misogi

Nine years, and we still get requests to hold this crazy practice. We will continue to be in the dojo this year except for Saturday mornings when we will meet at a local park to sweat it out rain or shine!

We meet every day from 6AM - 7AM at Aikido Omaha dojo from **July 31st – August 16th 2013**, except Sundays as a rest day. On Saturdays we will practice at Swanson Science Park (see map attached). We may also practice occasionally in the parking lot or nearby green space so wear sandals or shoes. We will try to practice for the full 60 minutes and keep the socializing for before or afterward, at least for those who don't have to run off to work like I do. **All schools and experience levels are welcome.** The practice is free, wear gi or regular exercise clothes, and bring your weapons.

We will do a survey of 15 arts. The plan is to focus on one “art” per day, at least 5 different teachings per art. The leader/teacher will be passed around the group. I attached the preliminary schedule to the end of this document. I will be responsible for the warm-up.

Please pass this along to those you think might be interested. I'll also make an announcement in class to capture those who don't have email addresses.

Here is what you will find out:

- Can you do it? Can you commit to 15 days of practice as a personal test?
- What does your body feel like if you practice that much?
- Does it have an effect on your day either physically or mentally?
- If there is a change in your techniques? Do you teach better?
- Do you know the material enough to help others learn it?

Thanks to everyone who tried this practice in the past and have encouraged me to keep up the tradition.

yours in aiki,
Randy Porter
Aikido Omaha, LLC

Practice Schedule

(subject to change)

Day	Art	Day	Art	Day	Art
-	-	5 (mon)	gokyo	11 (mon)	irimi-nage
-	-	6	kote-gaeshi	12	kaiten-nage
1 (wed)	ikkyo	7	shihonage	13	kokyu-nage (blending throw)
2	nikyo	8	hijiate	14	hiji-shime
3	sankyo	9	saiyo nage	15	juji-nage
4	yonkyo	10	sumi otoshi	16	BREAKFAST

Saturday Location:

Local park near 90th and Harney streets.

