



Announcing the 2011 Shinjinkai

OUTDOOR TRAINING RETREAT



10-11 September at KORINJI MONASTERY
(near Reedsburg, Wisconsin)

Instruction by

Craig Caudill Sensei (*Wilderness Survival*)

Meido Moore Sensei (*Zen and Budo*)

Shinjinkai is pleased to invite you on September 10-11 to this special seminar being held on the 17 forested acres of Korinji Monastery.

The unique course of training in this event will combine instruction in **wilderness survival basics** by Craig Caudill, founder of the Nature Reliance School (www.naturereliance.org) with **zazen (meditation) and weapons** training led by Meido Moore, Shinjinkai director and guiding Zen teacher of Korinji's Zen community. Combined these disciplines present a powerful opportunity to forge new levels of awareness, sensitivity to energy, preparedness and warrior spirit...all practiced in the beautiful forest of Korinji monastery. Everyone is welcome for this transformative weekend of training!

Required gear list for the weekend:

- Water container
- Fixed blade knife, 4-5" long (*contact us for cheaply priced recommendations*)
- Roll of paracord (*obtain at any hardware store*)
- Sun screen/Bug spray
- Sleeping bag or blankets and pad (*you will sleep inside the Korinji zendo; the floor is wood*)
- Personal water and food (*campfire will be available for cooking*)
- Change of clothes

Recommended gear list:

- Day pack
- Notebooks and pencils
- Camera

Location and Schedule

KORINJI MONASTERY:
S470 Hirst Road, Reedsburg, Wisconsin

Friday, September 9th

6:30pm-10pm— Camp Setup, fireside chats
(*arrive whenever you can*)

Saturday, September 10th

- Meditation and weapons practice
- Survival training:*
- How not to get lost (and how to get found if you are)
 - Map and Compass skills
 - Basic First Aid
 - Shelter building
 - Fire building

Sunday, September 11th

- Meditation and weapons practice
- Survival training:*
- Finding, purifying and maintaining clean water.
 - Finding food and medicine
 - Signaling
 - Survival mindset

Additional training possible as time allows:

- Introduction to stalking and camouflaging

Preregistration Required!

Seminar fee: \$100.00
Proceeds benefit Korinji monastery.

OVER FOR INFORMATION

SHINJINKAI OUTDOOR TRAINING RETREAT - 2011
Saturday and Sunday 10-11 September

TO REGISTER

Please register in advance! We cannot accept registrations onsite. There are two ways to register:

1. REGISTER ONLINE by going to <http://www.shinjinkai.org/Events.html>. You will be able to pay your seminar fee online using PayPal with the link provided there.

2. MAIL -IN YOUR REGISTRATION by filling out the form below and sending your fee (check or money order) to the address shown:

NAME:

YOUR FULL MAILING ADDRESS:

PHONE (day and evening):

EMAIL:

EMERGENCY CONTACT, NAME AND PHONE:

MARTIAL ART(S) STUDIED:

INSTRUCTOR AND DOJO NAME:

HOW MANY YEARS STUDIED?:

ANY PREVIOUS OUTDOOR/SURVIVAL TRAINING?:

SEMINAR FEE: \$100.00

You may pay the fee online using PayPal at <http://www.shinjinkai.org/Events.html>, or please mail your fee (made payable to "Shinjinkai") with this form to:

SHINJINKAI, 3717 N. RAVENSWOOD #113, CHICAGO, ILLINOIS 60613

PLEASE REMEMBER:

- Bring the gear items shown on the front of this flyer. Let us know if you need help choosing items.
- Bring weapons (bokken, jo, tanto) if owned. You do NOT need traditional training clothes (gi, hakama).
- Bring clothing and sleeping gear sufficient for the weather. Though you'll be sleeping inside, the space is not heated or air conditioned. Survival training will take place outside rain or shine.
- Wear sensible footwear for walking on rugged terrain.
- A first aid kit will be present on site.

QUESTIONS or NEED ASSISTANCE?

Please call us at 773.472.3290, or email to info@shinjinkai.org