

## **KYUDO**

The Way of the Bow – the Art of Zen Archery  
First Shot Weekend  
Jinko Iba – Santa Fe, NM



Training in the traditional Japanese archery form of kyudo challenges the student's diligence, patience and precision to synchronize body and mind in the simple activity of sighting a target and releasing an arrow with fullness and integrity. The result is the practitioner's mind is freshly awakened to the present moment.

During this weekend intensive, students will learn the basic Kyudo coordinations and training etiquette. Age or body strength are not obstacles to training and practice. Equipment is provided. Both new and experienced students welcome.

**February 25 & 26, 2012**

Jinko Iba, Santa Fe, New Mexico

Weekend Program

Saturday, February 25 - 1 pm – 5pm  
and Sunday, February 26, 9 am- 5 pm

Cost: \$100

Call Paul at 505/231-5455 for more information and directions.

**REGISTRATION FORM**

Kyudo First Shot Weekend, February 25 & 26, 2012

First Time? Yes \_\_\_\_\_ No \_\_\_\_\_  
Have your own equipment? Yes \_\_\_\_\_ No \_\_\_\_\_  
Beyond First Shot? Yes \_\_\_\_\_ No \_\_\_\_\_  
Need Housing? Yes \_\_\_\_\_ No \_\_\_\_\_  
Will have a car? Yes \_\_\_\_\_ No \_\_\_\_\_

Name \_\_\_\_\_

Phone (H) \_\_\_\_\_ (cell) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

email \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_

\$100.

Make checks payable to : Paul Singdahlsen

Mail to : Paul Singdahlsen

110 Sierra Azul

Santa Fe, NM 87507

**SAFETY**

Please bring comfortable clothing in layers (the weather is changeable), plenty of sunscreen and water (we will also provide water for the participants). Jinko Iba assumes no responsibility for any injuries to any participants during this event.