

# Frank Doran Shihan

## Tres Hofmeister Sensei

### *A Seminar in Colorado*

Saturday, October 22, 2016

Cost: TBD  
Starting: 10 AM  
Location: Denver Buddhist Temple  
1947 Lawrence St  
Denver, CO 80202  
Sign up at: <http://denveraikikai.com>

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#### Frank Doran Shihan

Frank Doran, a former United States Marine hand-to-hand combat instructor and police defensive tactics instructor, has a long and varied background in the martial arts that began with his enrollment in a Judo dojo in 1955. In 1959 he began formal Aikido training, and has since trained under many of Japan's shihan. Aikido is his primary discipline and way of life. His current rank of 7th dan was awarded in January 2001 by Aikido Doshu Moriteru Ueshiba at the Hombu Dojo, World Aikido Headquarters, Tokyo.



An internationally respected teacher, Doran Sensei is a frequent guest instructor at training seminars throughout the United States and abroad. As the founder and chief instructor of Aikido West, he teaches regularly at his home dojo in Redwood City, California, assisted by a talented staff of senior instructors.

Doran Sensei's clear presentation and focus on basic principles of Aikido creates seminars accessible for students of all levels.

#### Tres Hofmeister Sensei

Tres Hofmeister Sensei is ranked nanadan (7th degree) in Aikido. He is a student of Mitsugi Saotome Shihan and Hiroshi Ikeda Shihan. He began his training in 1978 and entered Boulder Aikikai under Hiroshi Ikeda Shihan in 1980. Hofmeister Sensei has also been recognized with the Ueshiba Juku designation by Mitsugi Saotome Shihan, indicating his direct lineage to the Founder and Saotome Shihan himself.

Hofmeister Sensei is a senior instructor for Aikido Schools of Ueshiba (ASU), teaching regularly at Boulder Aikikai and at seminars throughout North America and abroad. Hofmeister Sensei is also a certified practitioner of the Feldenkrais Method®. He has a particular interest in the process of learning in Aikido and its relationship to self-understanding.

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1592 S. Broadway St., Denver, CO 80208 • 720.570.3599