

Frank Doran Shihan Tres Hofmeister Sensei

A Seminar in Colorado

Saturday, October 22, 2016

Cost: \$80 in advance, \$100 at the door
Starting: 10 AM
Location: Denver Buddhist Temple
1947 Lawrence St
Denver, CO 80202
Sign up at: <http://denveraikikai.com>

Frank Doran Shihan

Frank Doran, the founder and chief instructor of Aikido West, has a long and varied background in the martial arts that began with his enrollment in a judo dojo in 1955.

A former United States Marine hand-to-hand combat instructor and police defensive tactics instructor, he has studied a variety of martial arts.

In 1959 he began formal aikido training, and has since trained and continues to train under many of Japan's shihan (master teachers). Aikido is his primary discipline and way of life.

An internationally known and respected teacher, Doran Sensei is a frequent guest instructor at training seminars throughout the United States and abroad. He has taught at four colleges and universities including Stanford University where he taught daily for 26 years. As Chief Instructor, assisted by a talented staff of senior instructors, he teaches regularly at his home dojo, Aikido West in Redwood City, California.

Stressing that aikido is budo – a way of life that seeks to polish the self through a blend of rigorous physical training and spiritual discipline – his classes emphasize a balance between effective technique and the ethical and philosophical aspects of aikido.

His current rank of 7th dan was awarded in January 2001 by Aikido Doshu Moriteru Ueshiba (grandson of the founder of aikido) at the Hombu Dojo, World Aikido Headquarters, Tokyo.



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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