

MISOGI 禊

Ritual purification through 1,000 bokken cuts
led by **Andrew Benioff, Sandan**

Sea Bright Public Beach
Sunday, August 1st at Sunrise
(arrive by **5:45am** to start at **6am sharp**)

Special class to follow at
Aikido of Red Bank Dojo
at **10am**

Suggested Donation **\$20**



Andrew Benioff began his Budo training in 1982 with Isshin-Ryu Karate-do. He transitioned to Ji Do Kwan a classic form of Korean Karate where holds a 2nd Dan. Mr. Benioff moved to Hawaii in 1987 and began studying Aikido under Yoshioka Sadao Shihan. In 1988 he moved to Japan. He first studied Shindo Muso Ryu Jodo then trained at Aikikai Hombu Dojo. There he took classes from Ueshiba Kisshomaru, Osawa Kisaburo, Yamaguchi Seigo and Miyamoto Tsuruzo among others.

After returning to the US, Mr. Benioff studied at San Francisco Aikikai under Joel Posluns Shihan for 12 years with a focus on the techniques and philosophy of Kanai Mitsunari Shihan.

Mr. Benioff currently trains and teaches in Philadelphia at Old City Aikido. He is fluent in Japanese and travels yearly to Japan to visit family and friends. He is particularly interested in shugyo (hardship training) and the etiquette and customs of Japanese Budo.