

## Timetable Watchet Seminar 15<sup>th</sup> to 16<sup>th</sup> May 2010

Friday							Arrival	
15 <sup>th</sup> Saturday	<b>9-45 am for 10 am Start</b> Warm up Suburi Ashi- sabaki Tenouchi Kirikashi & Basic	11-00 am To 11-10 am Rest	11-10 am 12-25 pm <b>Techniques</b> How to breakthrough your Opponents Kensen	12-30 pm Lunch	1-30 pm Kendo Kata	2-30 pm To 2 40 pm Rest	2 40 pm 3 30 pm <b>Techniques</b>  3-30 pm 4 15 pm Refereeing	4-15 pm 5-00 pm Keiko End Day one
16th Sunday	<b>9-45 am for 10 am Start</b>  Warm up Run Through From Saturday	11-00 am To 11-10 am Rest	11-15 am 12-00 am  Kata	12-10 pm Free Practice  Close Seminar 1-00 pm	1-00 pm  Lunch	2 pm  Grading Kyu to 4 Dan	Disperse	