

Time	Friday	Saturday	Sunday
0700	Keiko 1 Stretch & Move	Keiko 7 Stretch & Move	Keiko 13 Stretch & Move Grading Prep
0830			
1000	Keiko 2 Kihon Keys	Keiko 8 Footwork	Grading Please arrive by 0930 for a 1000 start.
1100	Keiko 3 Ido-Kihon	Keiko 9 Special Guest Sensei Garry O'Neill	
1200			
1300			
1400	Keiko 4 Kata Principles	Keiko 10 Special Guest Mitch Kochonda	
1500	Keiko 5 Kata Bunkai	Keiko 11 Kumite Combinations	
1600		Keiko 12 Kumite Cont'd	
1700	Keiko 6 Kata Training		Sayonara Party Twin Towns Services Club
1800			

道場

