



Kendo		
	Saturday	Sunday
Seminar		
8.00 to 9.00	Doors open & assembly in dojo	Doors open & assembly in dojo
9.30 to 10.30	Warm-up & suburi	Warm-up & suburi
10.30 to 10.45	Break	Break
10.45 to 12.00	Kirigaeshi & uchikomi	Kata & bokuto renshu
12.30 to 13.30	Lunch break	Lunch break <i>13.00: Examination numbers</i>
13.30 to 14.00	Stretching	Stretching
14.00 to 15.00	Kihon	Kihon
15.00 to 15.30	Kirigaeshi	Kirigaeshi
15.40 to 16.00	Mawari-geiko	Mawari-geiko
16.00 to 17.00	Hikitate geiko	Examinations
17.00 to 18.00	Free keiko	

Important Notice: a face shield during the seminar is mandatory