Nabeyama-sensei AUSKF Seminar Schedule

Date:	9/16/2017 (Sat)
Time:	9:30am - 4:00pm
Place:	Wilson Park 2200 Crenshaw Blvd. Torrance, CA 90501
Dinner:	China Buffett
Time:	5:30pm
Address:	3525 Pacific Coast Highway, Torrance, CA 90505
Cost:	$20 per person (including tax/tip)

9:30am - 10:00am	Warm Up and Suburi
10:00am - 10:30am	Footwork/Ashi-sabaki Drills
10:30am - 10:45am	Break
10:45am - 11:30am	Basic Kihon practice (in respective groups)
11:30am - 12:30pm	Lunch (to be provided by AUSKF - small donation requested)
12:30pm - 1:15pm	Q&A Session (be ready in bogu for next session)
1:15pm - 2:15pm	Waza Practice (in respective groups)
2:15pm - 2:30pm	Break
2:30pm - 3:00pm*	Open Keiko. Kyu or 21 and under practice with Nabeyama-sensei
3:00pm - 3:30pm*	Open Keiko. Yudansha (over 21) practice with Nabeyama-sensei
	*Kodansha sensei's please do motodachi as well
3:30pm - 4:00pm	Group Pictures/Clean up etc. (Open keiko may be extended)