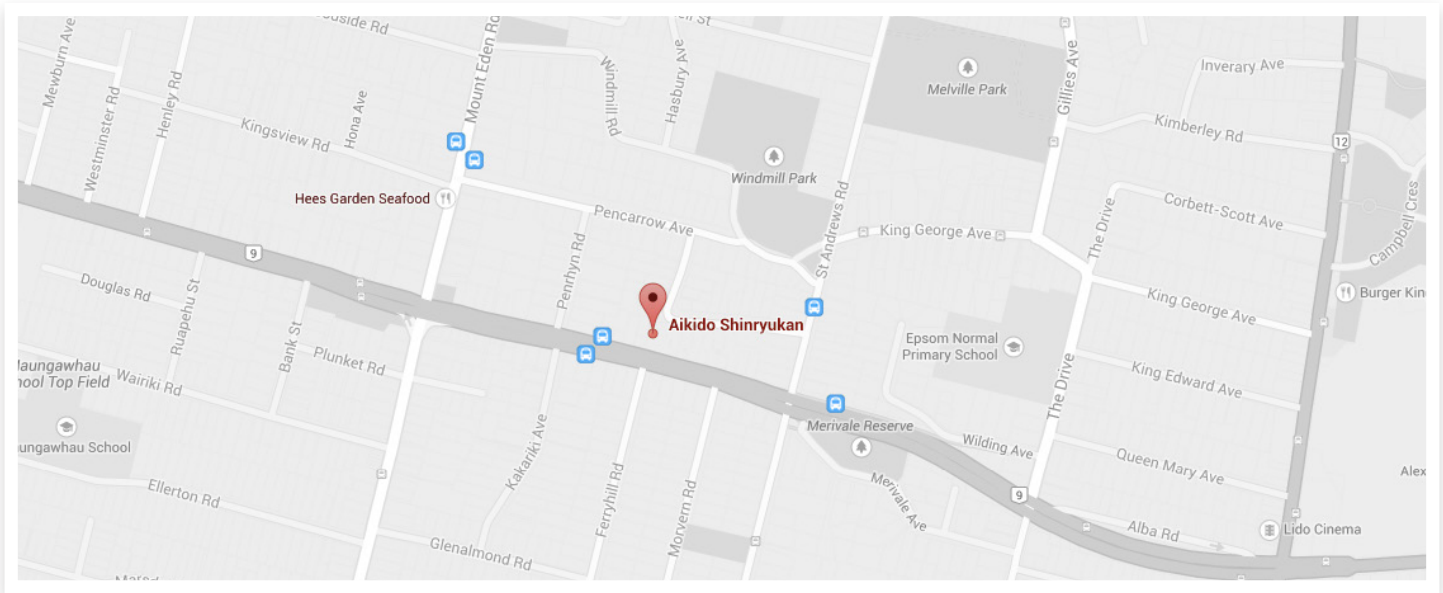




45th Anniversary Aikido Shinryukan International Gasshuku

SCHEDULE

Thursday 5th and Friday 6th March



TRAINING VENUE

Hombu Dojo, 16 Aberfoyle Street, Mt Eden – see map above.

| Thursday 5th March – Classes | | |
|------------------------------|-------------------|---------------|
| Registration | 8.00am | |
| Class 1 | 9:30 – 10:30am | Horii Shihan |
| Class 2 | 10:40 – 11:40am | Sawada Shihan |
| Class 3 | 11.50am – 12.50pm | Ueno Shihan |

| Thursday 5th March - Classes | | |
|------------------------------|---------------|---------------|
| General Class | 6:30 – 7:30pm | Takase Shihan |

| Friday 6th March - Classes | | |
|----------------------------|-------------------|------------------|
| Registration | 8.00am | |
| Class 1 | 9:30 – 10:30am | Sawada Shihan |
| Class 2 | 10:40 – 11:40am | Horii Shihan |
| Class 3 | 11.50am – 12.50pm | Alan Wade Sensei |

GETTING THERE

If you are not driving the closest bus stop is 8516 or 8517 on Mount Eden Road.
From there it is an easy 5 minute walk to the dojo.

PARKING

For those who are driving there is plenty of parking on the street outside of the dojo.
Please do not park in the car parks directly outside of the dojo.

AFTER TRAINING DINNER

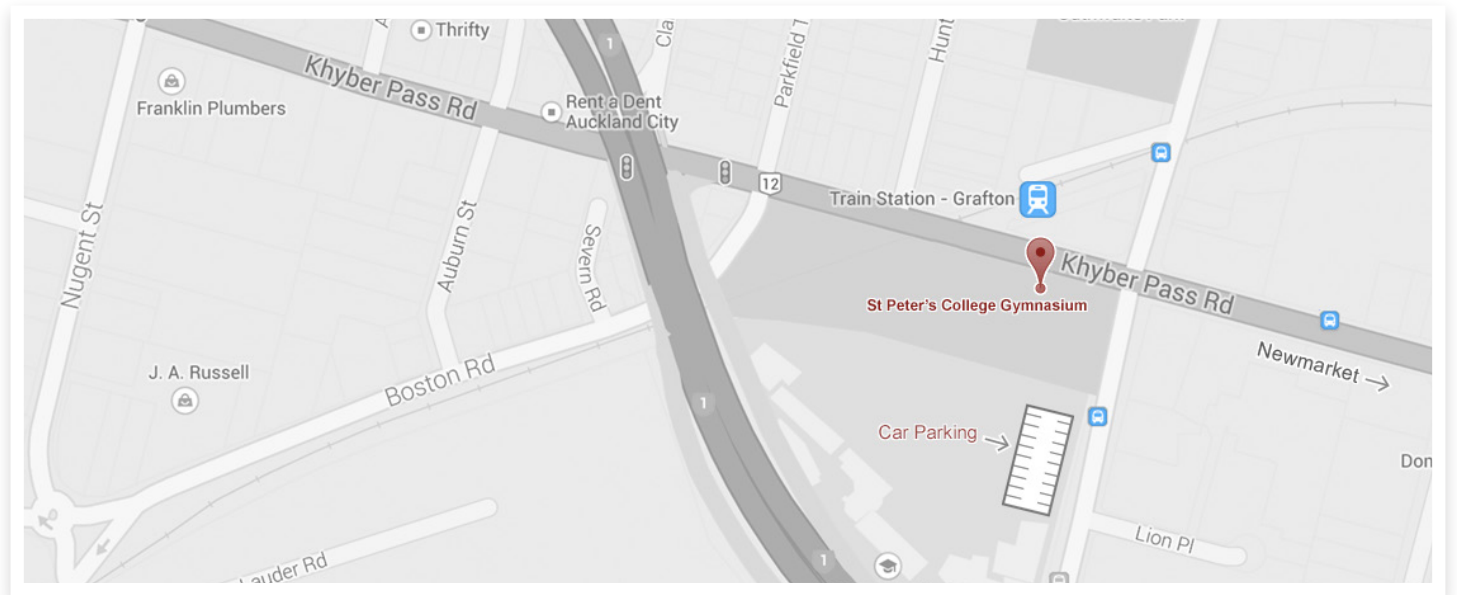
For those who have pre-registered for the dinner on Thursday night the venue is Hee's Garden Chinese Restaurant. We will be starting at 8.00pm. See map above for location.



45th Anniversary Aikido Shinryukan International Gasshuku

SCHEDULE

Saturday 7th and Sunday 8th March



TRAINING VENUE

St Peters College Gymnasium, Khyber Pass Road, Grafton, Auckland – see map above.

| Saturday 7th March – Classes | | |
|------------------------------|----------------------|------------------|
| 8:00am | Door open – lay mats | |
| 8:45am | Registration | |
| 9:30 – 10:30am | Class 1 | Takase Shihan |
| 10:30 – 11:30am | Class 2 | Sawada Shihan |
| 11:30 – 12:30pm | Class 3 | Horii Shihan |
| 12:30 – 2:00pm | Lunch Break | |
| 2:00 – 3:00pm | Class 4 | Kobayashi Shihan |
| 3:00 – 4:00pm | Class 5 | Smibert Shihan |
| 4:00 – 4:30pm | Tidy up & door close | |

| Sunday 8th March – Classes | | |
|----------------------------|-------------------------------|------------------|
| 8:00am | Door open | |
| 8:45 – 9:40am | Class 6 | Horii Shihan |
| 9:40 – 10:35am | Class 7 | Sawada Shihan |
| 10:35 – 10:45am | Group photo | |
| 10:45 – 11:45pm | Class 8 | Kobayashi Shihan |
| 11:45 – 12:45pm | Lunch break & set up for Demo | |
| 12:45 – 2:30pm | Demonstration | |
| 2:30 – 3:00pm | Mats up & door close | |

GETTING THERE

If you are not driving the easiest way to get there would be by train to Grafton Station. Alternatively the closest bus stops are 7178, 7231 or 8612 around the Khyber Pass Road/Mountain Road intersection. From there it is an easy 2–3 minute walk to the dojo.

PARKING

There is parking available at the venue. Please enter via the main college gate on Mountain Road and turn immediately right to make your way to the car park (see map).

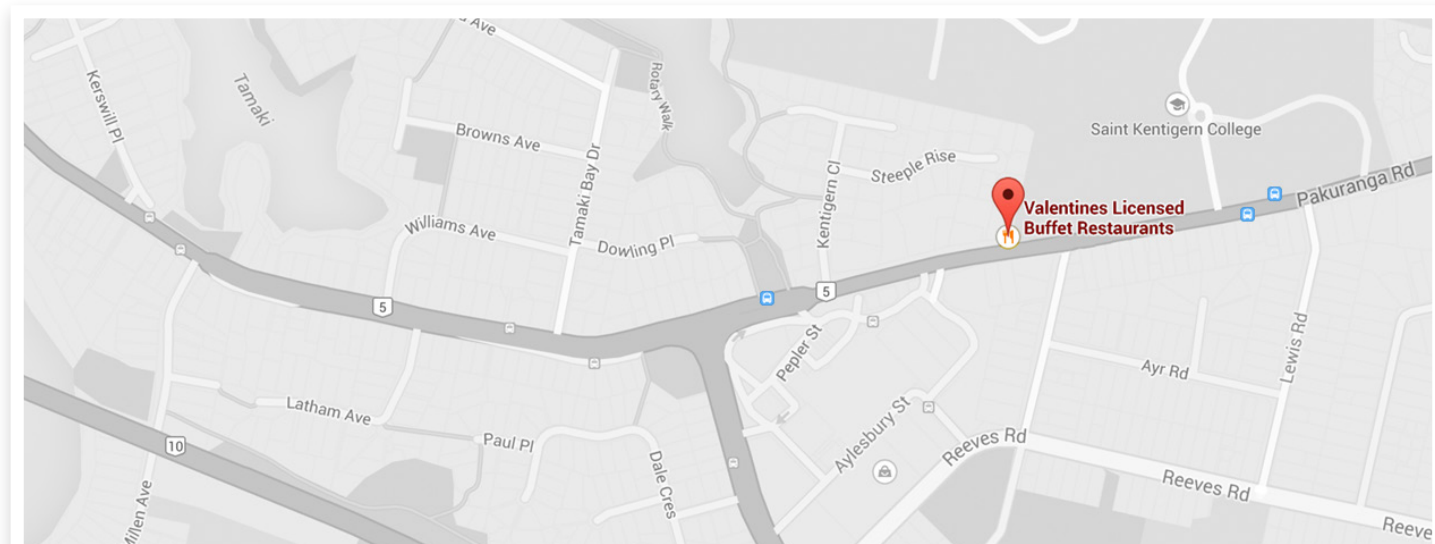
LUNCH VENUES

There are plenty of lunch options in Newmarket - down Khyber Pass Road from the gym. The easiest option is the foodhall in the Rialto building. Park in the Rialto building to get free parking from the Rialto Foodcourt (remember to keep your receipt).

Gasshuku Dinner and BBQ

GASSHUKU DINNER - SATURDAY NIGHT

For those who have pre-registered, the dinner is at 7:30pm Pakuranga Valentines, Pakuranga – Howick Highway.



GASSHUKU BBQ - SUNDAY NIGHT

For those who have pre-registered, the BBQ is at 6:30pm at Takase Shihan's residence 65 Dale Road, Ramarama 2579. Take exit 466 off State Highway 1 Southbound.

