

05/05/2008

## FROM THE DESK OF THE AFSA SECRETARY

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### Program of the AFSA Aikido Winterschool in PRETORIA on 03 - 06 July 2008

**VENUE:** Pretoria University Sports Centre, Hall 2

Contact person: Corrie Human @ +27(0) 82 563 6322

Paul de Beer Sensei

+27 (0)83 636 1764

**Bring bokken, jo & tanto**

E-mail: [aikido@mweb.co.za](mailto:aikido@mweb.co.za) or

E-mail: [paul@ccnet.up.ac.za](mailto:paul@ccnet.up.ac.za)

**Wednesday** (02/07/08) from 15:00 - Accommodation at THE VILLAGE available for arrivals.

**Thursday** 08:00 - 08:45

(03/07/08) **08:45** - 09:00

09:00 - 10:30

10:30 - 10:45

10:45 - 11:45

11:45 - 12:00

12:00 - 13:00

13:00 -

14:30 - 15:30

16:00 -

**Registration** (AFSA card & 2007 stamp **or R250,00**)

Warm-up session

Keiko 1 (MARTUFI SENSEI)

Break (fruit & juice)

Keiko 2 (DE BEER SENSEI)

Break (fruit & juice)

Keiko 3 (MARTUFI SENSEI)

Lunch (kiosk) @ own expense & Free time for students

**Instructors class** (MARTUFI SENSEI) & Free time for students

**AFSA Technical Committee Meeting** & Free time

**Friday** 08:00 - 08:45

(04/07/08) **08:45** - 09:00

09:00 - 10:30

10:30 - 10:45

10:45 - 11:45

11:45 - 12:00

12:00 - 13:00

13:00 -

14:30 - 15:30

16:00 -

**Grading Registration** (AFSA card **with photo** & payment)

Warm-up session

Keiko 4 (MARTUFI SENSEI)

Break (fruit & juice)

Keiko 5 (DE BEER SENSEI)

Break (fruit & juice)

Keiko 6 (MARTUFI SENSEI) (weapons)

Lunch (kiosk) @ own expense & Free time for students

Keiko 7 (DE BEER SENSEI) (weapons)

**AFSA Annual General Meeting** & Free time

**Saturday** 08:00 - 08:45

(05/07/08) **08:45** - 09:00

09:00 - 10:30

10:30 - 10:45

10:45 - 11:45

11:45 - 12:00

12:00 - 13:00

13:00 -

13:45 - 14:00

14:00 - 17:00

18:00 -

Photo session @ Dojo

Warm-up session

Keiko 7 (MARTUFI SENSEI)

Break (fruit & juice)

Keiko 8 (MARTUFI SENSEI)

Break (fruit & juice)

Keiko 9 (DE BEER SENSEI)

Lunch (kiosk) @ own expense, Grading preparation & free time

Warm-up session for grading

Grading session

Supper @ own expense (at venue arrangement at seminar)

**Sunday** **08:45** - 09:00

(06/07/08) 09:00 - 10:00

10:00 - 10:15

10:15 - 11:30

11:30 - 12:00

12:00 -

Warm-up session

Keiko 10 (MARTUFI SENSEI)

Break

Keiko 11 (MARTUFI SENSEI)

Presentation of grades & closing ceremony

Lift mats & Return journey

**THIS PROGRAM IS SUBJECT TO CHANGE  
PLEASE CHECK THE INFORMATION BOARD AT DOJO DOOR**