

International IMAF - Budo Seminar Tokyo 2010

IMAF HQs Spring Tour 2010

31.3 - 10.4.2010

SŌ-GŌ BUDO KOSHUKAI with International Kata - Contest

Information from Jan, 21. 2010

Preliminary schedule:

(Changes in the program by the IMAF Directors are possible.)

Wednesday	31/03	Depart from Francfort - Airport (ca. 20 h)
Thursday	01/04	Arrive in Japan, Narita - Airport (ca. 16 h). Flight ca. 11 hours. Shuttle - Bus to Tobu Hotel. Recommerded evening meal in „Food court“ of Shinagawa Prince Hotel. First visit of Tokyo, Shinagawa District.
Friday	02/04	Morning and afternoon: First sightseeing Tokyo. E.g. Asakusa - District with famous Shrines, shopping malls. Tokyo tower. Ginza - most famous shopping street in the world . Emperors palace. If enough time, e.g. Akihabara, Ueno - parc, Meiji - shrine. Evening: Karate - Do (Higuchi - Dojo), laido (Yokohama - Dojo), Aikido (Ikushinkan - Dojo)
Saturday	03/04	Morning: Shihan Satos Dojo: Judo, Nihon - Jujutsu Afternoon: Visit of Odawara. Town and famous Samurai - Castle. Afternoon / Evening: Karate - Do (Higuchi - Dojo) Evening: Shopping in Martial - Arts - Shops (Shinbashi). Possible Visit of Kodokan, famous Judo - Academy. Shopping at Ginza, sightseeing Shibuya, Shinjuku, Ueno.
Sunday	04/04	Morning: laido for beginners, advanced, Masters (Hyoshi - Dojo). Afternoon: Hyoshi - Dojo. After: Meeting with the laido - Senseis and discussions about Budo - Spirit, Philosophy and History. Evening: Free. Optional: Visit of the shrine of the 47 ronin. Morning / afternoon: Aikido (Ikushinkan - Dojo)
Monday	05/04	Morning and afternoon: Special Budo - Keiko. Planned: Karate - Do, Kobudo, laido, Judo, Nihon - Jujutsu, Aikido Evening: Free visit of Tokyo. E.g. museums, electronic town Akihabara
Tuesday	06/04	Morning: International Kata - Contest. Afternoon: Visit of Kawagoe (Famous Samurai - town also with Tokugawa - Shrines) Evening: Karate - Do (Higuchi - Dojo), laido (Yokohama - Dojo), Aikido
Wednesday	07/04	Morning and afternoon: Visit of Kamakura, famous ancient government seat („Kamkura - jidai“), with Zen - Shrines and „Great Buddha“. Evening: Shihan Satos Dojo: Judo and Nihon - Jujutsu, Yokohama - Dojo: laido, Aikido
Thursday	08/04	Morning and afternoon: Ikushinkan - Dojo or Minatoku - Dojo: Special Budo - keiko. Planned: laido, Kobudo, Judo, Nihon - Jujutsu, Karate - Do, Aikido DAN - Test 1st - 8th Dan in the above divisions. Evening free. Optional: „Old - Tokyo“. Tsukishima, Shibamata, Yanaka, Sakuragijnja.
Friday	09/04	Morning and afternoon: Sightseeing (Choice) Aoyama, Sendagaya, Roppongi, Nishi - Azabu or Yokohama Evening: Farewell - Party with IMAF - Chief - Director Shihan Sato and IMAF - President Yasuhisa Tokugawa - Begin 18:00
Saturday	10/04	Depart Narita Airport - Francfort Airport (Arrival ca. 16 h).