

ダーバン合気道・DURBAN AIKIDO

13年10月のセミナー・DEC 2013 SEMINAR

Instructor Darko Vucetic, 5th dan
Date 06 - 08 Dec 2013
Venue KZN Public Service Training Academy Building
80 Bartle Road, Glenwood, Durban
Fee R400 pp
Payable to Raoul (083 629 0261) by 05 Dec 13

Fri, 06 Dec 2013		
Time	Activity	PIC
17h30 - 18h30	Set-up	Durban Aikido
18h30 - 20h30	Empty hand technique	Darko Vucetic

Sat, 07 Dec 2013		
Time	Activity	PIC
08h45 - 09h00	Set-up	Durban Aikido
09h00 - 10h30	Empty hand technique	Darko Vucetic
10h30 - 10h45	Water Break	
10h45 - 12h15	Empty hand technique	Darko Vucetic
12h15 - 13h30	Lunch Break	
13h30 - 15h00	Empty hand technique	Darko Vucetic
15h00 - 15h15	Water Break	
15h15 - 17h00	Grading	Darko Vucetic

Sun, 08 Dec 2013		
Time	Activity	PIC
08h45 - 09h00	Set-up	Durban Aikido
09h00 - 10h30	Sword technique	Darko Vucetic
10h30 - 10h45	Water Break	
10h45 - 11h15	Knife technique	Darko Vucetic

11h15 - 12h15	ad hoc technique	Darko Vucetic
12h15 - 12h30	closing ceremony	Durban Aikido