

Schedule NAF Summer Camp - July 2011

Sat 9

1200 - Mat carrying
1530-1700 Aikido Bjørn Eirik Olsen *Sensei* (BEO)
1715-1830 Aikido BEO
1900-2030 Dinner

Sun 10

0830-0915 Ki-practice BEO + Junior aikido day.
0930-1130 Aikido BEO
1200-1330 Lunch
1600-1715 Aikido BEO
1730-1830 Aikido BEO
1900-2000 Dinner
2015-2200 NAF-meeting

Mon 11

0830-0915 Ki-practice
0930-1130 Aikido Hideki Takemura *Sensei* (HT)
1200-1330 Lunch
1430-1545 Aikido HT
1600-1700 Aikido HT
1700- **Kyu-grading**
1900-2030 Dinner

Tue 12

0830-0915 Ki-practice
0930-1130 Aikido HT
1200-1330 Lunch
1600-1715 Aikido HT
1730-1830 Aikido HT
1900-2030 Dinner

Wed 13

0830-0915 Ki-practice
0930-1130 Aikido HT
1200-1330 Lunch
1400-1515 Aikido HT
1530-1630 Aikido HT
1630- **Dan-grading**
1900-2100 Dinner
2100- Party

Thu 14

0930-1130 Aikido (BEO or other instructor from TC)
1200-1330 Lunch
1400-1600 Aikido (BEO or other instructor from TC)
1600- Mat carrying