

Shorinji Kempo Southern California Spring 2009 Gasshuku Schedule

Time	Activity	
10:00 AM	Shorinji Kempo Southern California Spring 2009 Gasshuku Opening Ceremony	
10:05 - 10:20	Meditation	
10:20 - 10:45	Warm-up & Drills	
10:45 - 11:00	Water Break	
11:00 - 12:00PM	Session 1 - Kyu Kenshi	Session 1 - Sho Kenshi & up
12:00 - 12:10	Water Break	
12:10 - 1:10	Session 2 - Kyu Kenshi	Session 2 - Sho Kenshi & up
1:10 - 2:10	Lunch Break	
2:10 - 2:40	Lecture	
2:45 - 3:15	Kumi Embu Demonstration	
3:15 - 4:15	Session 3 - Kyu Kenshi	Session 3 - Sho Kenshi & up
4:15 - 4:30	Water Break	
4:30 - 5:30	Session 4 - Kyu Kenshi	Session 4 - Sho Kenshi & up
5:30 PM	Shorinji Kempo Southern California Spring 2009 Gasshuku Closing Ceremony	

Saturday May 23rd
UCSD RIMAC Building - Activity Rm 2