

YUIMARU HAKKEN 2020- EXAMPLE SCHEDULE

ARRIVAL DAY	ACCOMMODATION CHECK IN, WELCOME MEETING AND DINNER
DAY 1	MORNING TRAINING, ORIENTATION AND DOJO ETIQUETTE
DAY 2	SENSEI 1
DAY 3	
DAY 4	
DAY 5	ADVENTURE DAY 1 OR REST DAY
DAY 6	SENSEI 2
DAY 7	
DAY 8	
DAY 9	ADVENTURE DAY 2 OR REST DAY
DAY 10	SENSEI 3
DAY 11	
DAY 12	
DAY 13	ADVENTURE DAY 3 OR REST DAY AND CELEBRATION DINNER
DEPARTURE DAY	ACCOMMODATION CHECK OUT

IMPORTANT INFO

We will require a ¥10,000 deposit and a completed application form in order to approve your participation in this event. Full payment of seminar fees will be requested in installments prior to the event.

Paying the deposit does not guarantee a place. If you are not selected the deposit will be refunded.

You are expected to participate in the whole training programme.

Please note that this is intensive training and will be physically demanding.

WHAT IS INCLUDED

- 12 Days Accommodation (Potentially In the Dojo- If you stay in a dojo, please be ready to assist with the cleaning and maintenance of the dojo)
- Transport to and from the scheduled activities and organised days
- Sensei and Training location Fee's
- 3 organised Adventure Days (Some options have additional fee's e.g. Scuba Diving)
- Welcome Dinner, Celebration Dinner and two Group Dinners
- Gift Pack Including Event T-Shirt, Towel and Completion Certificate (If Completed)

WHAT IS NOT INCLUDED

- Your Travel to and from Okinawa.
- Food and drink outside of what is specified
- Medical/ Travel Insurance (you will be expected to ensure you are adequately covered for the duration of your time in Okinawa)

EXAMPLE DAYS-

A DAY WITH SENSEI -

7AM- SUNRISE TRAINING ON THE BEACH BEFORE BREAKFAST

8 30AM- BREAKFAST WITH SENSEI

10AM- TRAINING IN THE DOJO WITH SENSEI

12 00- TRAINING FINISHES

13 00- LUNCH WITH SENSEI

15 00-18 00- FREE TIME REST TIME

18 30- EVENING TRAINING SESSION

21 00- EVENING GROUP DINNER

ADVENTURE DAY -

8AM- TRAVEL TO THE BEACH

9AM- MORNING SNORKELLING AND BEACH TIME

11AM- HIKE TO THE WATERFALL

13 00- EAT A BENTO LUNCH AT THE WATERFALL

14 00- HIKE BACK TO CARS

17 00- HEAD BACK TO ACCOMODATION

HISTORY DAY -

8AM- DISCUSS THE PLAN FOR THE DAY

8.30AM- HEAD TO KARATE LOCATION 1- SENSEI MEMORIAL

10AM- KARATE LOCATION 2- SENSEI GRAVESITE

12.00- STOP FOR LUNCH

13.00- HISTORY LOCATION NO 3- CASTLE RUINS

14.00- KARATE LOCATION NO 4- SENSEI MEMORIAL

15.00- VISIT A KARATE MUSEUM

17.00- HEAD BACK TO ACCOMMODATION