

2017 Butokuden Gasshuku (April 8 - 15, 2017)

Time	Saturday 4/8/2017	Sunday 4/9/2017	Monday 4/10/2017	Tuesday 4/11/2017	Wednesday 4/12/2017	Thursday 4/13/2017	Friday 4/14/2017	Saturday 4/15/2017								
6:00	Arrival	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up								
7:00		Asageiko (7:00 - 7:40)	Asageiko (7:00 - 7:40)	Asageiko (7:00 - 7:40)	Asageiko (7:00 - 7:40)	Asageiko (7:00 - 7:40)	Asageiko (7:00 - 7:40)	Asageiko (7:00 - 7:40)								
8:00		Breakfast 8 - 9 AM	Breakfast 8 - 9 AM	Breakfast 8 - 9 AM	Breakfast 8 - 9 AM	Breakfast 8 - 9 AM	Breakfast 8 - 9 AM	Breakfast 8 - 9 AM								
9:00		SCKO Team Practice @ Butokuden 9:00 - 11:30 AM	Basic Practice @ Butokuden 9:00 - 11:30 AM	Basic Practice @ Butokuden 9:00 - 11:30 AM	Basic Practice @ Butokuden 9:00 - 11:30 AM	Basic Practice @ Butokuden 9:00 - 11:30 AM	Basic Practice @ Butokuden 9:00 - 11:30 AM	Basic Practice @ Butokuden 9:00 - 11:30 AM	Cleaning and pack up							
10:00									End of Gasshuku							
11:00		Departure	Lunch 11:30 - 1:30	Lunch 11:30 - 1:30	Lunch 11:30 - 1:30	Lunch 11:30 - 1:30	Lunch 11:30 - 1:30	Lunch 11:30 - 1:30	Departure							
12:00																
13:00																
14:00										SCKO Team Practice @ Butokuden 1:30 - 4 PM	Advanced Practice @ Butokuden 1:30 - 4 PM	Advanced Practice @BTK 1:30 - 3:00PM	Advanced Practice @ Butokuden 1:30 - 4 PM	Advanced Practice @BTK 1:30 - 3:00PM	Shiai & Shinpan @BTK 1:30 - 3:00PM	
15:00										Break	Break	Regular Butokuden Keiko Junior 5 - 7PM	Break	Regular Butokuden Keiko Junior 5 - 7PM	Break	
16:00																
17:00										Jigeiko 7 - 8:00PM	Dinner	Join Other Dojo Practice 7 - 9PM	Regular Butokuden Keiko & Jigeiko Adult 7 - 9:00PM	Butokuden Open Jigeiko Only 7 - 8:30PM	Regular Butokuden Keiko & Jigeiko Adult 7 - 9:00PM	Sayonara BBQ (6 - 10PM)
18:00												Dinner	Dinner @ Butokuden	Dinner	Dinner @ Butokuden	
19:00		Dinner	Dinner	Dinner	Dinner @ Butokuden	Dinner	Dinner @ Butokuden	Sayonara BBQ (6 - 10PM)								
20:00																
21:00																
22:00																
23:00																

Description

Blue Shade is the practice

Asageiko

Morning Practices (Jigeiko only)

Basic Practice

We will focus on basic practices without and with Bogu. Footwork, Suburi, Basic Strikes

Advanced Practice @ Butokuden

We will focus on Drills, Waza Practice, Kata

We will have Jigeiko at the end of each practice

Join Dojo Practice

Tentatively schedule a joint practice with other Dojos.

Regular Butokuden Keiko Junior

Our Dojo Elementary School to Junior High School Class. Join the drills and learn how to teach a kids class. Our juniors are one of the best in the USA

Regular Butokuden Keiko Adult

Our Dojo High School and older Class. Join the drills and learn how to teach adults.

Butokuden Open Jigeiko

Once a week, we have Jigeiko only practice, and many people from other Dojos come and join our practices