



## Proudly Hosts

# Aiki Week - August 2006

We are excited about the opportunity to provide seven consecutive days of training for our Aikido community in August. We will work on many important areas of our training during these seven days, while providing aikidoka of all levels something exciting to work on each day.

There will be potluck on Saturday night, where we will have the opportunity to enjoy each other's company and eat plenty of food to fuel our training for the remainder of the week.

Saturday, August 12 <sup>th</sup>	10:00am – 11:00am	Basics
	11:15am – 12:15pm	Weapons (Bokken)
	7:00pm – 10:00pm	Potluck Party
Sunday, August 13 <sup>th</sup>	1:00pm – 2:30pm	All Levels
	2:45pm – 3:45pm	Advanced
Monday, August 14 <sup>th</sup>	6:00pm – 7:00pm	Ukemi
	7:15pm – 8:15pm	Koshi
Tuesday, August 15 <sup>th</sup>	6:00pm – 7:30pm	All Levels
	7:45pm – 8:45pm	Advanced
Wednesday, August 16 <sup>th</sup>	6:00pm – 7:00pm	Rolling
	7:15pm – 8:15pm	Randori
Thursday, August 17 <sup>th</sup>	6:00pm – 7:00pm	Basics
	7:15pm – 8:15pm	Weapons (Jo)
Friday, August 18 <sup>th</sup>	6:00pm – 7:00pm	All Levels
	7:15pm – 8:15pm	Tanto/Tachi/Jo Dori

Class is open to all and there is no cost for SAA members. Please feel free to contact Jay Sensei or Todd Kammerer if you have any questions.

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