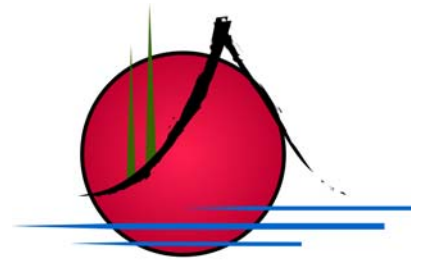


2010 JKA Northwest

Summer Camp Schedule



Thursday, August 12th

Arrive at Southern Oregon University in Ashland and check-in between 7 and 10 pm at the Baker Dorm (part of the Cascade Residence complex).

Friday, August 13th

6:30 - 7:30: Training with Regional Instructors

7:30 - 8:30: Breakfast

9:30 - 11:30: Training with Friedl Sensei (aikido)

11:30 - 1:00: Lunch (and Regional Board Meeting, in the cafeteria)

1:30 - 5:00: Training with Cheah Sensei

5:00 - 6:30: Dinner

7:30 till adjourned: Regional Board Meeting (in the Baker dorm lounge)

Saturday, August 14th

6:30 - 7:30: Training with Regional Instructors

7:30 - 8:30: Breakfast

9:30 - 11:30: Training with Cheah Sensei

11:30 - 1:00: Lunch (and Regional mtg, if needed)

1:30 - 4:30: Training with Cheah Sensei

4:30 to done: Examinations (through sandan)

7:30: Group dinner (location TBA)

Sunday, August 15th

7:00 - 8:30 Breakfast

9:00 - 10:30 Training with Cheah Sensei

Closing and Check-out

All training will be in the Dance Room of McNeal Pavilion. Unless otherwise noted, meals will be in the Dining Hall adjacent to our dorm.