



2018 West Coast Gasshuku

Schedule

Thursday

12:00 pm - 3:00 pm	HMAF Yudansha Review, Shihan Dara Masi
4:00 pm - 5:00 pm	Warming up With the Walks , Sensei David Vann
5:15 pm - 6:15 pm	Healing Circle , Sensei Amelia Jones
6:30 pm - 9:00 pm	Dinner, hot tub/pool time

Friday

8:00 am	Breakfast
8:30 am - 9:30 am	Hakko Densho Ryu Shodan & Nidan Waza Shihan Melanie Fine
9:45 am - 11:15 pm	Tomiki Aikido Sensei Amelia Jones and Sensei Michael Yellin
11:30 pm - 12:30 pm	Hakko Densho Ryu Sandan & Yondan Waza Shihan Dara Masi
12:30 pm - 1:30 pm	Lunch and Pool Time
1:30 pm	Depart for town
2:00 pm	Gold Bug Park Gold Mine Tour 2635 Gold Bug Lane, Placerville
4:30 pm	No-host Dinner at Smith Flat House 2021 Smith Flat Road, Placerville

Saturday

8:00 am	Breakfast
9:00 am - 10:30 am	Hakko Densho Ryu Kata Sensei David Vann
11:00 am - 12:30 pm	Nishioryu Toho Iaido Shihan Dara Masi
12:30 pm - 2:00 pm	Lunch and Pool Time
2:00 pm - 3:30 pm	Massage for Longevity in the Arts Sensei Michael Yellin
3:30 pm	Shihan Promotions and Demonstration
4:00 pm	Pool Time
6:00 pm	Gasshuku Keynote Banquet and Awards
7:00 pm - 9:00 pm	Hot tub/pool time

Sunday

8:00 am	Breakfast
9:00 am - 10:30 am	Hakko Densho Ryu and Hojojutsu Shihan Dara Masi
11:00 am - 12:30 pm	Shiatsu & Tuina for Wellness Shihan Melanie Fine
12:30 pm - 2:00 pm	Lunch and Pool Time
2:00 pm	Camp Closed