



AIKIDO INTERNATIONAL FRIENDSHIP SEMINAR

CLASS SCHEDULE

FRIDAY, OCT. 1:

1-2 O'CONNOR
2-3 LANCE
3-4 TBA
4-5 VRIESMAN
5-6 REQUENA
6-7 ROJO

SATURDAY, OCT. 2:

9-10 O'CONNOR
10-11 ROJO
11-12 LANCE
2-3 TBA
3-4 REQUENA
4-5 VRIESMAN

SUNDAY, OCT. 3:

9-10 LANCE
10-11 VRIESMAN
11-12 REQUENA
2-3 TBA
3-4 ROJO
4-5 O'CONNOR

SCHEDULE MAY BE SUBJECT TO CHANGE.

PLEASE BRING BOKKEN, JO & TANTO IF YOU HAVE THEM.