SHORINJIKEMPO
少林寺拳法

Ukrainian Shorinji Kempo Federation

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EXAMPLE SCHEDULE

Friday 15th April 2016		
Time	**Event**	**Note**
17:00 – 18:25	Registration, Samu	
18:30 – 18:40	Chinkon Gyo	
18:40 – 19:00	Jumbi undo (warm up)	
19:00 – 19:30	Tan'en Kihon Hokei	
19:30 – 20:55	Various techniques	

Saturday 16th April 2016		
Time	**Event**	**Note**
9:00 – 9:25	Convene, Samu	
9:30 – 9:40	Chinkon Gyo	
9:40 – 10:00	Jumbi undo (warm up)	
10:00 – 11:10	Various techniques, based on participants' ranks	
11:20 – 12:30		
12:30 – 13:45	Break, lunch	
13:45 – 14:00	Group photo	
14:00 – 14:30	Lecture	
14:30 – 15:50	Various techniques, based on participants' ranks	
16:00 – 17:20		
17:30 – 18:00	Seitaiho	
20:30	Sayonara pati	Gospoda "KO KO"

Sunday 17th April 2016		
Time	**Event**	**Note**
9:00 – 9:25	Convene, Samu	
9:30 – 9:40	Chinkon Gyo	
9:40 – 10:00	Jumbi undo (warm up)	
10:00 – 11:10	Various techniques, based on participants' ranks	
11:20 – 12:30		
12:30 – 13:30	Break, lunch	
13:30 – 14:15	Various techniques, based on participants' ranks	
14:20 – 15:05		
15:10 – 15:40	Seitaiho	
15:45 – 16:00	Closing Ceremony	

NB: A detailed plan will be handed on Seminar

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