



# ARIZONA AIKIDO FALL MOUNTAIN CAMP 2016 - PRESCOTT

THURSDAY Sept. 8 Main Hall	FRIDAY Sept. 9 Main Hall	SATURDAY Sept. 10 Main Hall	SUNDAY Sept. 11 Main Hall
 <p><b>onegai shimasu</b></p> <p><b>Welcome to Prescott, Arizona! Aikido Fall Mountain Camp</b></p> <p>5:00 Check-In</p> <p>Dinner is on your own.</p> <p>7:30 - 9:00 pm Ikeda Sensei</p>	7:00 - 8:00 Liangong health qigong - Seymour Sensei	7:00 - 8:00 Liangong health qigong - Seymour Sensei	7:00 - 8:00 Liangong - Seymour Sensei
	<b>8:20 - 9:20 Breakfast</b>		
	9:45 - 10:45 Ikeda Sensei	9:45 - 10:45 Ikeda Sensei	9:45 - 11:30 Ikeda Sensei
	10:50 - 11:50 Ikeda Sensei	10:50 - 11:50 Ikeda Sensei	11:45 Mat Pick-Up
	<b>12:20 - 1:20 Lunch</b>		
	2:00 - 2:55 Henkels Sensei	2:00 - 2:55 Krever Sensei	<p><b>Have a Safe and Happy Trip Home!</b></p>  <p><b>arigato gozaimashita</b></p>
	3:00 - 3:45 Sterling Sensei	3:00 - 3:45 Seymour Sensei	
	3:45 - 4:30 TBD	3:45 - 4:30 Imbuido Sensei	
	4:30 - 5:15 TBD	4:30 - 5:15 TBD	
	<b>5:50 - 7:00 Dinner</b>	<b>6:30 Catered dinner in the Main Hall</b>	
7:30 - 8:15 Open Mat	<b>\$25</b> ( Included in 3 and 4 day package )		
8:15 - 9:00 Open Mat	32nd Fall Mountain Camp Music and Dancing		
<b>11:00 Quiet Hour - Please be respectful of others!</b>			