

7th International Seminar of Budo Culture for Foreign Exchange Students and Embassy Staff SCHEDULE

March 7th (Fri)	March 8th (Sat)	March 9th (Sun)
	7:00 —	7:00 —
	Breakfast	Breakfast
	8:00 —	8:00 —
	Break	Break
	20	20
	Budo Experience (3) (40 mins including Q&A)	Participant Presentations < 80 mins >
	9:00 —	
	Break	40
	15	Break
	Budo Experience (4) (40 mins including Q&A)	Lecture (2) "The History of Budō" Susumu Nagao (Professor - Meiji University) < 60 mins plus 20 mins for Q&A >
	10:00 —	
	Break	20
	25	Closing Ceremony
	Budo Experience (5) (40 mins including Q&A)	End of Seminar
	11:00 —	
	Break	
	5	
	Budo Experience (6) (40 mins including Q&A)	
	20	
	12:00 —	
	Break / Lunch	
13:00 —	13:00 —	
Participant Registration	15	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Katsu'ura Station Departures, Sotobō Line (Sunday times) </div> 12:07 Express for Tokyo 13:01 for Kazusa-Ichinomiya 14:01 for Kazusa-Ichinomiya 14:32 Express for Tokyo
50	Lecture (1) "Tempu Nakamura & Anjyodazaho(Tempu style zen meditation method)" Kunio Takano (Certified Instructor - Tempu Society) < 60 mins plus 20 mins for Q&A >	
14:00 —	14:00 —	
Assemble	Commemorative Photograph	
Opening Ceremony	Break	
20	Budo Experience (7) (40 mins including Q&A)	
Orientation	Break	
35	Budo Experience (8) (40 mins including Q&A)	
15:00 —	15:00 —	
Instructor Demonstrations of the nine budō arts < 80 mins >	Break	
55	Budo Experience (9) (40 mins including Q&A)	
16:00 —	16:00 —	
Break	Break / Bathing time	
10	18:00 —	
Budo Experience (1) (40 mins including Q&A)	19:00 —	
50	Dinner	
Break	20:00 —	
17:00 —	17:00 —	
Budo Experience (2) (40 mins including Q&A)	Free training time	
5	20:00 —	
18:00 —	18:00 —	
Break / Bathing time	21:00 —	
45		
19:00 —		
Welcome Reception / Dinner		
20:00 —		
30		
21:00 —	21:00 —	

Note: This schedule is subject to change at short notice.