

暑中稽古

INTERNATIONAL SHINKENDO FEDERATION

2010 Shochu-Geiko

SEMINAR INFORMATION

August 20th-22nd, 2010

On August 20th-22nd, 2010, the ISF/AB/KTRR Honbu Dojo in Los Angeles will be hosting our annual **Shochu-Geiko** intensive training seminar. The seminar consists of three days of training in Shinkendo, Aikido, Toyama Ryu Battodo, and Bojutsu, under the direct leadership of Obata Toshishiro-kaiso.

This seminar is open to all ISF/AB/KTRR members, regardless of skill level or experience.

For the latest information on this event, please refer to the bulletin board thread and www.shinkendo.com/seminar.html.

Seminar Information Summary

- Dates: August 20th-22nd, 2010
- Location: ISF/AB Honbu Dojo & an off-site location (TBD)
- Schedule: Fri. 1-4, 5:30-8:30; Sat. 9am-12pm, 1:30-4:30; Sun. 9am-12pm
- Seminar Fee: \$175 pre-registered by Aug. 6th; \$200 at the door
- To register: please complete and send in a registration form (see below)

Registration Form

Students planning to attend should notify their instructor or the Honbu Dojo, and must fill out and submit a **registration form** available on the ISF website at www.shinkendo.com. The direct link to the registration form is www.shinkendo.com/download/2010shochugeiko_reg.pdf.

Completed registration forms, along with seminar fees, should be sent to:

International Shinkendo Federation
P.O. Box 2134
San Gabriel, CA 91778 USA

Seminar Details

Date

The 2010 Shochu-Geiko seminar will be held from Friday, August 20th through Sunday, August 22nd, 2010.

Location

The seminar will be divided between the ISF / AB Honbu Dojo in Los Angeles and a nearby off-site location. See below for location details.

Schedule

- Friday, August 20th: 1:00pm-4:00pm, 5:30pm-8:30pm
- Saturday, August 21st: 9:00am-12:00pm, 1:30pm-4:30pm, 6:00pm dinner
- Sunday, August 22nd: 9:00am-12:00pm

Schedule may be subject to change; please visit www.shinkendo.com/seminar.html for the latest schedule.

Tuition

The tuition fee for attending the seminar is \$175 with pre-registration received by August 6th, or \$200 at the door. Please make cheques payable to "International Shinkendo Federation."

Contact Information

If you have any questions about the seminar, please call the Honbu Dojo at (626) 688-7540, or e-mail obata@shinkendo.com.

Honbu Dojo Information

Location

The ISF / AB / KTRR Honbu Dojo is located at 320 E. 2nd Street in the Little Tokyo District of Los Angeles, CA, USA. The nearest cross-street is San Pedro, to the west. The dojo is located on the south side of 2nd Street, on the second floor.

Class Times

Classes at the Honbu Dojo are held Monday through Friday from 6:15PM-8:15PM, and on Sundays from 11:00AM-1:00PM. If you are attending Shochu Geiko and wish to attend some normal classes as well, please notify the Honbu Dojo in advance.

Parking

Just east of the Honbu Dojo is the parking complex Five Star Parking, located at 350 E. 2nd Street. Parking here typically costs \$8 per weekday or \$4 after 4PM / weekends; our dojo has a validation arrangement that reduces the costs to \$5.40 per weekday or \$2.70 after 4PM / weekends. Please inquire at the dojo about purchasing validation stickers if you choose to park at Five Star.

Metered street parking is also available at \$2 per hour, for a maximum of two hours. Street parking is free after 8PM (after 6PM on certain streets), and on Sundays.

Further information about the Honbu Dojo is available online at www.shinkendo.com/honbu.html.

Off-Site Seminar Location

The seminar will be divided between the Honbu Dojo in Little Tokyo and an off-site location, which is yet to be determined. This information sheet, along with the Shinkendo website, will be updated with the off-site location information as it is obtained. Please check www.shinkendo.com/seminar.html for the latest information on the seminar location.

Accommodations

Hotels

A listing of Little Tokyo hotels is available online at www.shinkendo.com/hotels.html. The most popular hotels in the Little Tokyo district are the Miyako (800-228-6596; 328 E. 1st Street) and the Little Tokyo Hotel (213-617-0128; 327 ½ E. 1st Street), both located very close to the Honbu Dojo.

A listing of hotels and youth hostels in Hollywood is also included.

If you are interested in booking a hotel room, it is recommended that you contact Saito-sensei to make arrangements. He can be contacted via phone at (213) 503-9459, or e-mail at saitotrvl@netscape.net.

Sharing Rooms

Depending on interest, it may be possible to share rooms with other seminar attendees to reduce lodging costs. If you wish to share a room, please indicate so in the appropriate area on the registration form (also indicate your gender). You will be contacted via e-mail concerning potential roommates, and may communicate with other attendees through an ad hoc e-mail list that will be set up for this purpose.

Transportation

Rental Cars

Rental cars are available at the airport and at locations around Little Tokyo. If you are not renting a car, we will attempt to arrange carpooling to the off-site location among those with cars.

Shuttle Services

Prime Time Shuttle (www.primetimeshuttle.com) and Super Shuttle (www.supershuttle.com) are two popular shuttle services providing transportation to and from area airports.

Metro & Bus

The Los Angeles Metro system provides subway and bus service for the city. The closest Metro station to the Honbu Dojo is the **Little Tokyo/Arts District** stop on the Gold Line, one stop away from Union Station. Schedules, maps, and timetables are available at www.metro.net.

Additional Information

Honbu & Shibu Transactions

- Instructors, please file any menjo requests at least two weeks in advance of the seminar if you will be picking them up at this time.
- Please notify the Honbu Dojo well in advance if you are planning to purchase equipment, books, videos, pins, patches, or other materials, and remind us of your request on the first day of the seminar.

General Reminders

- Please bring water to practice. There are several local markets close by.
- Please bring your ISF/AB/KTRR passport.
- If you have any questions for Obata-kaiso, please ask them as early as possible, rather than toward the end of the seminar.

Thank you for taking the time and making the sincere effort to pursue training at Honbu. We at Honbu are looking forward to seeing you.