

AFSA - Aikido Federation of South Africa

AFSA40 - Programme

Instructors:

Mitsuteru Ueshiba - Hombu Dojo-Cho

Minegishi Mutsuko Sensei 7th Dan - AFSA Honorary President

Franco Martufi Sensei 6th Dan - AFSA Technical Advisor

Paul De Beer Sensei - 6th Dan - AFSA Founder Member

Bruce Alleman Sensei - 5th Dan - AFSA Chief Instructor

Enquiries: AFSA40@aikido.co.za

Date	Hours	Duration	Program of Events	Instructor
Thursday - 30.11.2017 UCT Sports Hall 2	08:30 - 10:00		Registration and Welcome	
	10:00 - 11:00	1hr	Keiko 1	Minegishi Sensei
	11:00 - 11:10	10min	Break	
	11:10 - 12:10	1hr	Keiko 2	Martufi Sensei
	12:10 - 15:00		LUNCH	
	15:00 - 16:00	1hr	Keiko 3	De Beer Sensei
	16:00 - 16:10	10min	Break	
	16:10 - 17:10	1hr	Keiko 4	Alleman Sensei
Friday - 01.12.2017 UCT Sports Hall 2	09:30 - 10:00		Registration and warm-up	
	10:00 - 11:00	1hr	Keiko 5	Minegishi Sensei
	11:00 - 11:10	10min	Break	
	11:10 - 12:10	1hr	Keiko 6	Martufi Sensei
	12:10 - 15:00		LUNCH	
	15:00 - 16:00	1hr	Keiko 7	Waka Sensei
	16:00 - 16:10	10min	Break	
	16:10 - 17:10	1hr	Keiko 8	Waka Sensei
Saturday - 02.12.2017 UCT Sports Hall 2	09:30 - 10:00		Registration and warm-up	
	10:00 - 11:00	1hr	Keiko 9	Alleman Sensei
	11:00 - 11:10	10min	Break	
	11:10 - 12:10	1hr	Keiko 10	Waka Sensei
	12:10 - 15:00		LUNCH	
	15:00 - 16:00	1hr	Keiko 11	Waka Sensei
	16:00 - 16:10	10min	Break	
	16:10 - 17:10	1hr	Keiko 12	Waka Sensei
Sunday - 03.12.2017 UCT Sports Hall 2	20:00		Gala Dinner	
	09:30 - 10:00		Registration and warm-up	
	10:00 - 11:00	1hr	Keiko 13	Waka Sensei
	11:00 - 11:30	1hr	Break	
	11:30 - 13:00		Embukai	

Venue

Hall 2, University of Cape Town Sports Centre, Upper Campus, Cape Town, South Africa.