

5th International Seminar of Budo Culture for Foreign Exchange Students and Embassy Staff Schedule

Friday March 3	Saturday March 4	Sunday March 5
	7:00	7:00
	30	30
	8:00	8:00
	Breakfast	Breakfast
	30	30
	Break	Break
	9:00	9:00
	Budo Experience ②	Participants Presentations (60 mins)
	30	30
	Break	Break
	45	50
	10:00	10:00
	Budo Experience ③	Lecture ③ "Budo and Zen" Hirai Shōshū (Lecture 30 mins + Practical 40 mins + Q&A 20 mins)
	15	
	Break	
	30	
	11:00	11:00
	Lecture ② "Bunbu Ryodo" (Cultural and Martial Ways) -Challenging Calligraphy "Hitsuzendo"- Yokota Hiroatsu (Lecture 30 mins + Practical 40 mins + Q&A 20 mins)	Closing Ceremony
	12:00	12:00
	Commemorative Photograph	Disperse
	10	
	Lunch / Break (Dining Room)	
13:00	13:00	
Reception	20	
	Budo Experience ④	
40	14:00	
Opening Ceremony	50	
14:00	Break	
Lecture ① "The Budō Theories of Yamaoka Tesshū and Kanō Jigorō" Ōboki Teruo (Lecture 60 mins + Q&A 20mins)	10	
15:00	Budo Experience ⑤	
20	Break	
35	15:00	
Orientation	Budo Experience ⑥	
50	Break	
16:00	16:00	
Instructor Demonstrations (90 mins inc. Q&A)	Budo Experience ⑦	
17:00	30	
Break	Break	
20	17:00	
Budo Experience ⑧	Budo Experience ⑧	
40	20	
Break	Break	
18:00	40	
Budo Experience ①	Budo Experience ⑨	
10	10	
Dinner	Dinner	
19:00	19:00	
Bath / Break	Bath / Break	
20:00	20:00	
Free Practice	Free Practice	

Katsuura Station Dep.
Sotobo Line
Timetable

12:06 Special Express to Tokyo
13:03 To Chiba
14:01 To Chiba
14:36 Special Express to Tokyo

※ Please note that the schedule may change due to unforeseen circumstances