

2010 November 06 114th FFA monthly interclub practice (and 10th anniversary)

You are invited to the 114th FFA monthly interclub Aikido practice on Saturday, November 06. This is also the 10th anniversary celebration of these interclub meets.



Venue: ACP Dojo, Club 650
C-5 Road, Libis, Pasig City

Mat contribution: P100

- 5:30 - 6:15 pm Registration
- 6:15 - 6:25 pm Assembly
- 6:25 - 6:30 pm Opening remarks by Marielle Macapawa, 5th dan
- 6:30 - 6:55 pm Warm-up and Ki exercises led by Tada Juku Manila (TJM / ACP)
- 6:55 - 7:10 pm Keiko segment led by JBAC
- 7:10 - 7:25 pm Keiko segment led by Kiryukan
- 7:25 - 7:40 pm Keiko segment led by MAC
- 7:40 - 8:10 pm Embukai (eight dojos from PAPA, Aikido Philippines, and FFA will demonstrate)
- 8:10 - 8:15 pm Closing remarks by M.Macapawa and Photo session
- 8:20 pm Drinks and dinner

All aikidoists from all organizations are welcome.