

2012 January 07 126th FFA monthly interclub practice and SENDONG Fund-raising

All are invited to the 126th FFA monthly interclub Aikido practice on Saturday, January 01. This series of joint monthly practice sessions started in 2000.

This month's meet is also the first for the new year of 2012, and in light of recent events, as a symbolic gesture of reaching out, this interclub would be a special fund-raising activity for the devastation caused by typhoon SENDONG in Southern Philippines. We will donate the mat fees from the activity to the Philippine Red Cross.

We will have the following special format:

I. PROGRAMME for 2012 Jan. 07:

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| 5:30 – 6:15 pm | Registration |
| 6:15 – 6:25 pm | Assembly |
| 6:25 – 6:30 pm | Opening remarks by FFA President or representative |
| 6:30 - 6:55 pm | Warm-up led by Tada Juku Manila (TJM / ACP) |
| 6:55 – 7:10 pm | Keiko segment led by PAPA |
| 7:10 – 7:25 pm | Keiko segment led by AP |
| 7:25 – 7:40 pm | Keiko segment led by FFA |
| | <i>* For All Keiko segments: First bell will sound when there are 2 minutes left. Second bell will sound at the end of 15 minutes.</i> |
| 7:40 – 8:10 pm | Enbukai (several dojos from PAPA, Aikido Philippines, and FFA will demonstrate) |
| | <i>* Max of two (2) minutes, for each demonstrator team, 30 second allowance for entrance/bowing, and another 30 seconds for exit.</i> |
| | <i>** Bell will sound at the end of 2 minutes, all demonstrators should then sit down and proceed to exit.</i> |
| 8:10 pm | Closing remarks by by FFA President or representative and Photo session |

II. PRACTICAL DETAILS:

MAT CONTRIBUTION:
PhP200

DATE AND TIME:
Saturday, 2010 November 06
1800 hrs (6:00 p.m.)

THIS MONTH'S HOST:
Tada Juku Manila (TJM)

THIS MONTH'S VENUE:
Aikikai Center of the Philippines (ACP),
Club 650, 150 E. Rodriguez Jr. Ave (C-5 road), Libis, Quezon City*

ALL REGARDLESS OF ORGANIZATIONAL AFFILIATION ARE WELCOME.

For more details, e-mail macaikido@yahoo.com or call 890-1976 or 77.

III. * Getting there: STREET DIRECTIONS

A) DRIVING YOUR CAR

Club 650 is on the right coming from the south (Makati/The Fort etc), beside Shopwise and before the entrance to Eastwood. Coming from the the north (UP/Ateneo/Blue Ridge area), take C-5 into Libis area and make a u-turn a few hundred meters after the Jollibee/Delifrance outlet. There is ample parking in front.

B) USING PUBLIC TRANSPORTATION

Club 650 is accessible via the jeeps that traverse C-5. From EDSA, get off at the Ortigas intersection, take a jeep to the Ortigas-C-5 intersection, get off at C-5 and take a second jeep north towards Eastwood. Club 650 will be on the right coming from the south

(Makati), beside Shopwise and before the entrance to Eastwood.