

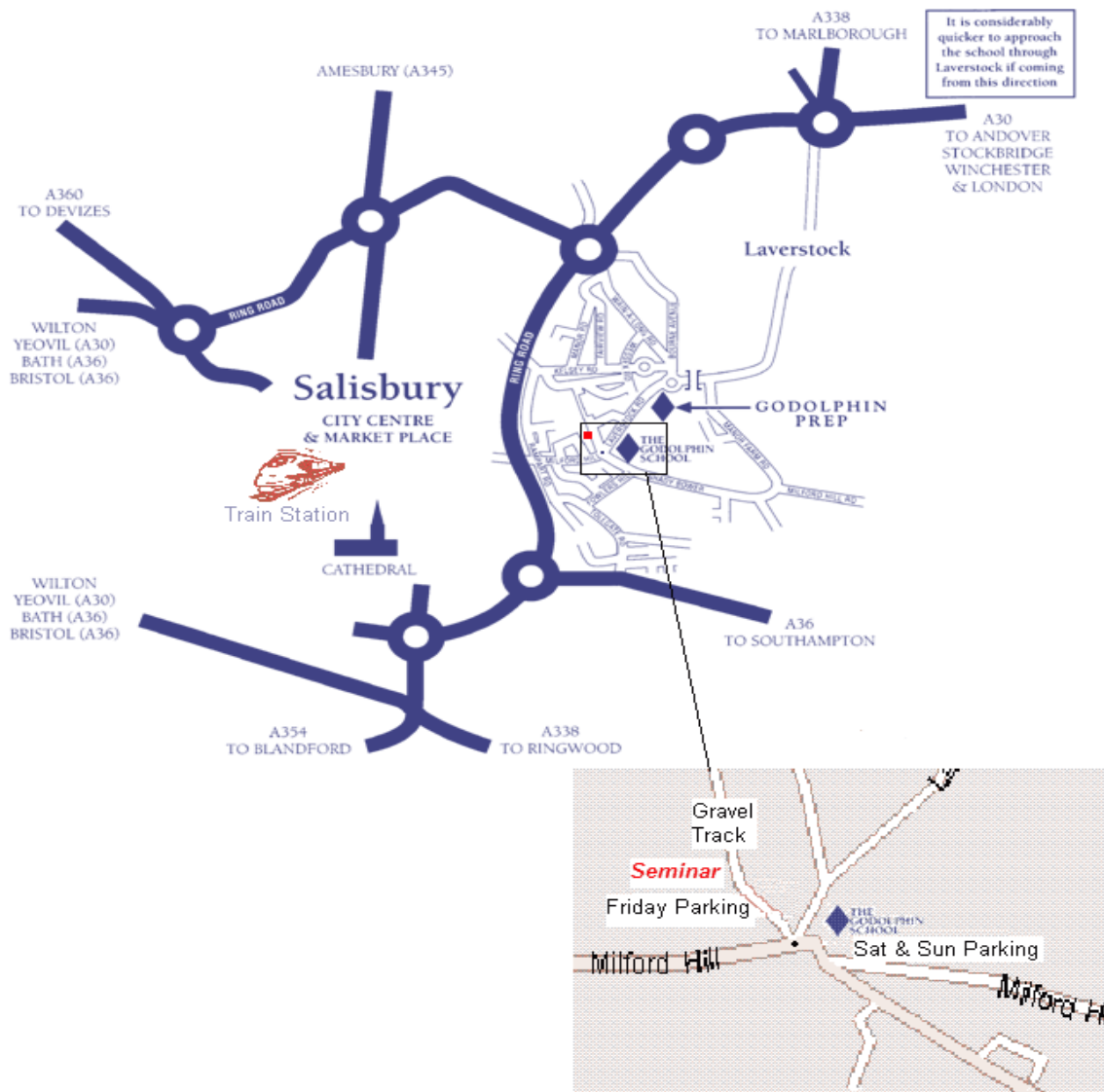
Sensei Pat Hendricks UK Seminar Fri 13th, Sat 14th and Sun 15th of July 2012

Information Sheet

Thank you for booking and here is some information that I hope you will find useful:

Venue:

The Seminar will be held at The Godolphin School, Milford Hill, Salisbury, Wiltshire, SP1 2RA, UK (This is a Girls Boarding school but most residents will have gone). There is parking at the Sports Hall course site only.



Training:

The timetable is as follows:

<i>Friday 13th July</i>		<i>Saturday 14th July</i>		<i>Sunday 15th July</i>	
10.30 – 11.15	Registration	09.00 – 09.45	Registration	09.00 – 09.45	Registration
11.30 – 13:00	1 st Class	10.00 – 11.15	1 st Class	10.00 – 11.15	1 st Class
13:00 - 14:00	Lunch Break	11.30 – 12.30	2 nd Class	11.30 – 12.30	2 nd Class
14.00 – 15:00	2 nd Class	12:30 - 13:30	Lunch Break	12:30 - 14:00	Lunch Break
15.15 – 16.20	3 rd Class	13.30 – 14.45	Special Keiko	14.00 – 15.15	3 rd Class
16.30 – 17.30	Grading's	15.00 – 16.15	3 rd Class	15.30 – 16.30	4 th Class
		16.30 – 17.30	4 th Class		

Please allow sufficient time before your first class for registration.

The wearing of hakama is restricted to the grade of 1st kyu and above.

The Special Keiko on Saturday 14th July will be a class of Kaeshiwaza “Countering Techniques”, if you have not booked the Special Keiko you can pay for at registration on the day.

Please bring bokken and jo to all classes

Please ensure that any mobile phones are switched off or are on silent.

Between classes the dojo will remain open and you are free to train.

Food:

There is unfortunately no food on site so please bring a packed lunch or you can walk into Salisbury City centre which is no more than 10 minutes away on foot.

Saturday Evening Meal:

The Meal booked for Saturday Evening (20:00) at the Rai d'Or Thai restaurant (69 Brown St, Salisbury.) It will be £20 per head for food (Drinks charged from the bar), but there will be a special offer of 50 pence off a pint of Real Ale for those who are eating, The evening meal is limited to 50 people so there are not likely to be places available on the day so make sure that you have booked to avoid disappointment (If there are any left they can be booked at registration).

The provisional menu is: Selection of Thai Starter's and Thai Buffet.

Starters:

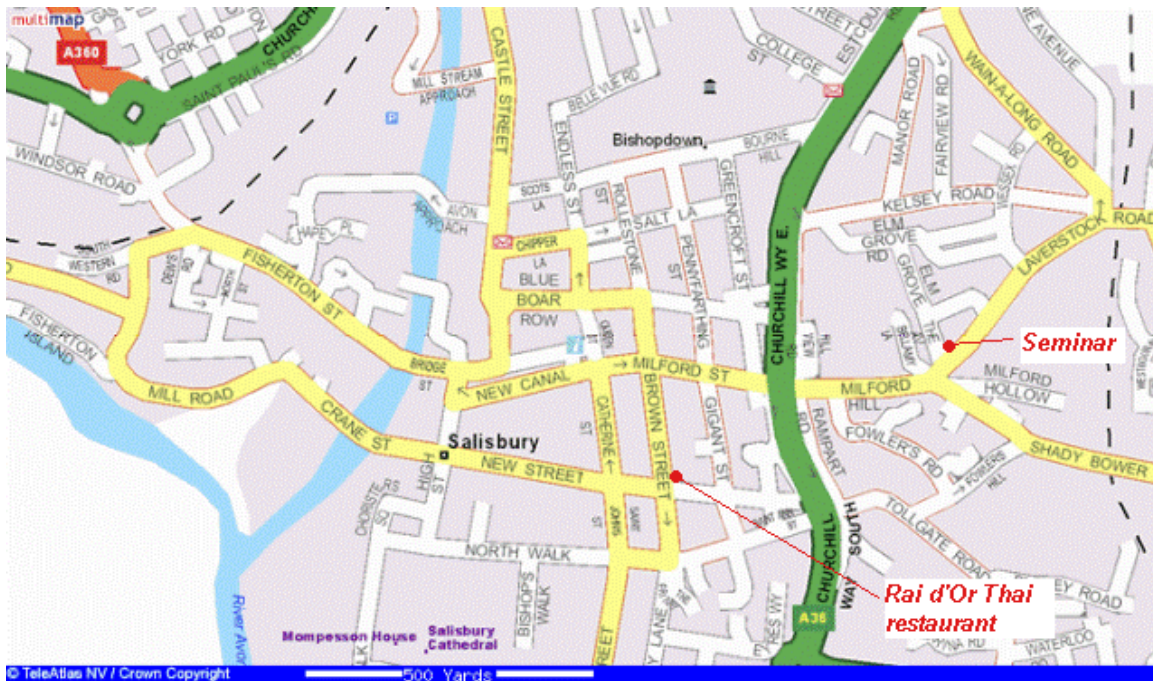
- Baskets of Thai prawn crackers with bowls of sweet chili dip
- A plate of mixed starters with dip – Per Person
- Or a Vegetarian Platter

Main Buffet:

- Thick Chicken Curry
- Sweet and Sour Pork
- Beef Black Bean
- Potato and Spinach Yellow Curry
- Egg fried rice
- Thai jasmine steamed rice

Vegetarian Option:

- Stir fry mix veg
- Thai green curry veg
- Potato and Spinach yellow curry
- Plus rice dishes on main Buffet



If you have any queries please do not hesitate to contact me. Info@Takemusu.co.uk