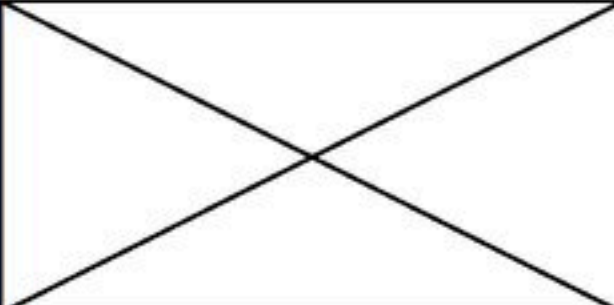
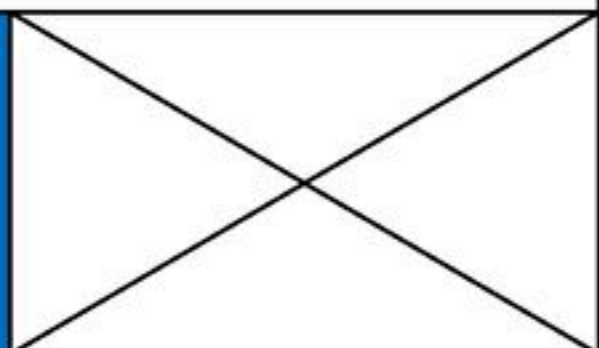


# Saturday

Time						Mins
Hour		Content				
1	11:00	Mats & warm up Nidans				45
	11:15					
	11:30					
	11:45	Falling Nidans				15
2	12:00	<u>Rei on - 12.00</u>  Group Session 1 Rod Wham, Bam, thank you Ma'am				45
	12:15					
	12:30					
	12:45	Break/Lunch				30
13:00						
3	13:15	Sat 1 Jimmy The Humperdinck	Sat 2 Martin B Counters and Combos	Sat 3 Tom H Magnificent Maki- Mastery		30
	13:30					
	13:45	Sat 4 Adam Sehcnpup	Sat 5 Martin Walsh Huaa!	Sat 6 Adam Hiza throw f'ya	Sat BaD Jimmy Abraham's Ram	30
	14:00					
4	14:15	Group 2 Julian Straker-Jones The Digital Age				30
	14:30					
	14:45	Gauntlets Nidans				30
	15:00					
5	15:15	Contingency - Break, then Gentle quick warm up prior to session 3. Martin & Tom				15
	15:30	Group session 3 Martin Bastable & Tom Hill Seeing Double				60
	15:45					
	6	16:00	Contingency - Martin Bastable & Tom Hill			
16:15						
16:30		Finish & change & out				15
16:45						
	17:00	Hard stop - out of building				360

# Sunday

Time	Content				Mins
11:00	Warm up and falling Dom, Sarah, Martin B				30
11:15					
11:30	<u>Rei On - 11:30</u>  Group Session 4 Keith & Bryn <b>Big Boys Drunken Jitsu</b>				45
11:45					
12:00					
12:15	Sun 1 Gary	Sun 2 Sarah T	Sun 3 Bryn Limbtastic		30
12:30	<b>Striking &amp; Blocking Masterclass</b>	<b>Ms Garrud's Suffrage</b>			
12:45	Break/Lunch				30
13:00					
13:15	Sun 4 Dom	Sun 5 Gary	Sun 6 Abi	Sun BaD Rod <b>The Mysteries of the Orient</b>	30
13:30	<b>Yale, Chubb &amp; Wobbles</b>	<b>Striking and Blocking Masterclass</b>	<b>Ms Garrud's Suffrage</b>		
13:45	Sun 7 Abi	Sun 8 Keith	Sun 9 Gary		30
14:00	<b>Ms Garrud's Suffrage</b>	<b>Finding Dori</b>	<b>Striking and Blocking Masterclass</b>		
14:15	Gauntlets Nidans				30
14:30					
14:45	Brown and Dan showcase/gauntlets Sandans				15
15:00	Contingency - Martyn K & Rod				15
15:15	Group session 5 <b>Martyn K &amp; Rod</b> <b>The Sunset</b>				30
15:30					
15:45	Finish & change, clear mats & out				30
16:00					
16:15	Contingency				15
16:30	<b>Hard stop - out of building</b>				<b>15</b>