

Japan Activity Plan (sample)

2024.10.22

Seiko Kuwabara

- Place> **Ohmori Sanno Hie Shrine** (fm JR Ohmori station walking 3 minutes)
- Date> **xx-xxx-202x(Sat.)**
- Time schedule>

Time	Menu	Remark
9:10-9:15	Gathering at JR Ohmori Station	JR Ohmori station north ticket gate
9:30-10:20	Aikido (Basic) by Kato-san	Please join
10:30-11:20	Aikido (Buki waza) by Ohtaka-sensei	Weapon(Ken, Jo) Technique - Please join
11:30-12:30	Lunch	
13:00-14:00	Shodo (Writing your name by Fude)	Please join
14:00-15:00	Sado (Dringing Japanese old-style tea)	Please join

*Charge - please confirm before booking. (If you join all menu, price will be changed)

*Above schedule is one of example, please feel free and let me know what you want. (Of course you can skip)

*Please wear comfortable clothing for joining the lesson of Aikido.

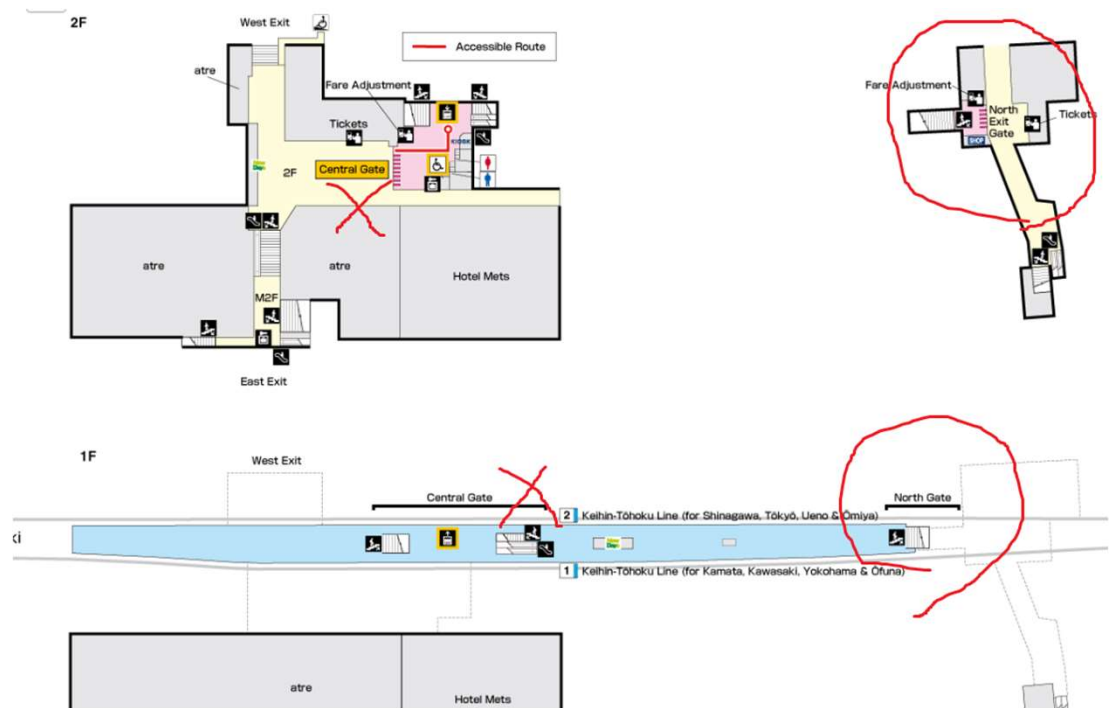
- How to contact > **SNS** or **Calling**

- Gathing spot > **JR Ohmori Station**

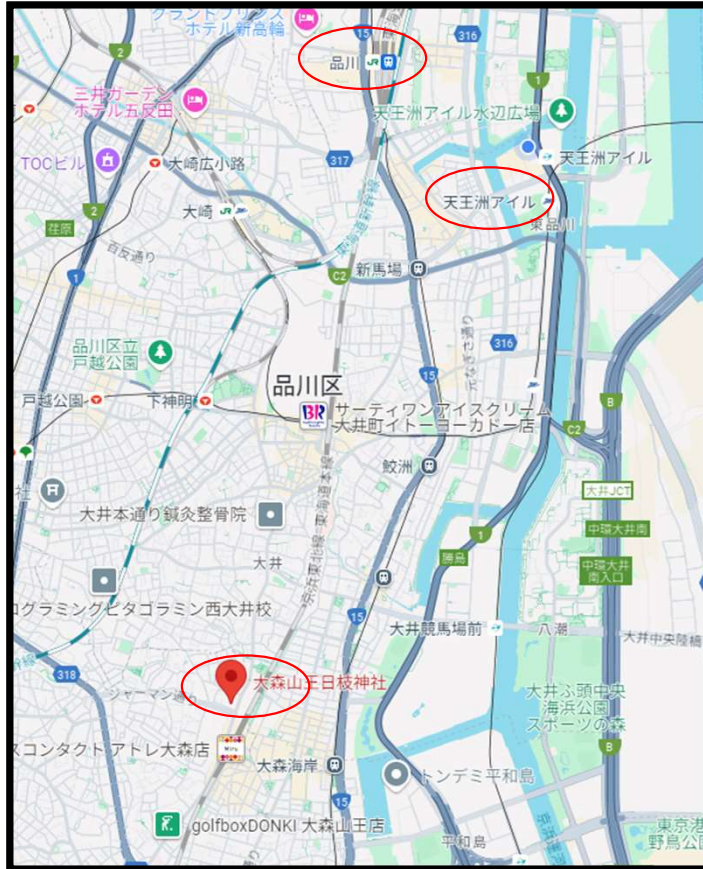
[JR-EAST:Guide Maps for Major Stations \(Omori Station\) \(jreast.co.jp\)](http://jreast.co.jp)

JR Ohmori station has only two Gates, please go **North Gate** not Central Gate.

Let me know when you reached JR Ohmori station by calling **080-7026-xxxx** or text.



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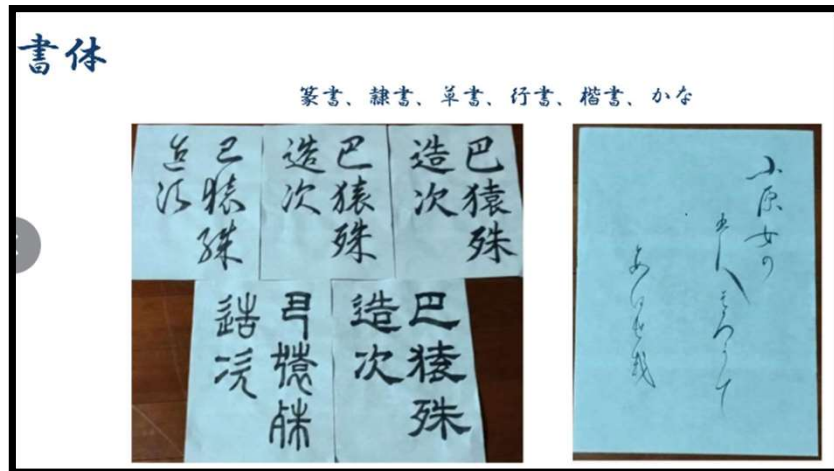
• **Aikido**(Japanese martial art) [Aikido – Wikipedia](#)

- My teacher's HP → <https://www.iwama-aiki.tokyo/>
- [About Iwama Aikido – Iwama Shinshin Aiki Shuren Kai | 岩間神信合氣修練会 \(iwamashinshinaikido.com\)](#)



- **Shodo**(Japanese Calligraphy) https://en.wikipedia.org/wiki/Japanese_calligraphy

- My HP → <https://sites.google.com/view/shodotaikenkyoshitsu/home/>



- **Sado**(tea ceremony) [Japanese tea ceremony - Wikipedia](#)

- [How to Drink Tea in Japanese Tea Ceremony お茶の飲み方 英語で茶道 \(youtube.com\)](#)
- [【Part1】 外国人留学生のための茶道体験 Explore Japan: Tea Ceremony \(概要 Introduction\) \(youtube.com\)](#)
- [Bonryakutemae \(ursasenke\) 盆略点前 \(裏千家\) 英語で茶道 \(youtube.com\)](#)

