



TAEKIDOKAI & AIKIDO - KEIKO

19 MAY 2024

Application form

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Applications to the 2024 AUS MAY KEIKO (19th May, 2024). It is a first served basis. All forms are processed in order of received date until no

Name

Grade

Group

Dojo

Mobile

Is this your first Keiko

LOCATION: HOMBU DOJO, Unit 2 /43 Durgadin Drive Albion Park Rail

COST: \$100, Bookings close 12 May, 2024. There will be no late fees as Keiko fill's fast as there are limited numbers with Chief Instructors and Instructors taking a lot of the places. As usual a light lunch is included with you Keiko fee.

WHAT'S HAPPENING. Featuring 4 hours of Intensive training starting at **10am** with Lunch included with Sensei and the Chief Instructors. Traditionally Keiko training is an intensive practise session to enhance one's positive outlook on training for the coming months. It is also an opportunity to deepen one's training and experience a breakthrough in personal development and technique.

PARTICIPANTS: Available to Taekidokai Senior Red belts & Above & Aikido Students

REQUIREMENTS: All students must have

- full weapons kit to participate,
- Normal gi (Advanced gi for Dan grades),
- Hand towel
- Limited first aid equipment, (Tape, cold spray)

Date	From	Duration	Type
Friday, 17 May 2024	7:00pm	1hr	ADVANCED
Saturday, 18 May 2024	9:00am	1hr	STRETCH
Saturday, 18 May 2024	10:00am	1hr	GENERAL
Saturday, 18 May 2024	11:00am	2hr	GRADING PREP
Sunday, 19 May 2024	10:00am	4hr	KEIKO
Sunday, 19 May 2024	2:30pm	1.5hr	GRADING TEST
Sunday, 19 May 2024	4:00pm		BBQ

PAYMENT: (no cheques)

- EFTPOS At any dojo
- CASH Place form and fee into a sealed envelope address to Hanshi Jennifer Day, May Keiko 2024 (and pass onto your Instructor)
- E.F.T. ACC: Taekidokai, BSB:012 501, ACC: 3471 32723 (please email receipt to keiko @tkma.com.au)

Do you require vegan sausages?

As Keiko is sure to book out and to ensure your place, only completed forms submitted along with appropriate payment will be considered.