

San Diego-Poway Community Activity 2005 Kendo Summer Seminar

Presented by:



San Diego Kendo Club

Honorary Speaker and Instructor
Maki Miyahara Sensei, Hachi Dan (8th Dan)

**Saturday, June 25, 2005 from 12.00 noon to 5.00
p.m.**

**Meadowbrook Gymnasium (Meadowbrook Middle
School)**

**12320 Meadowbrook Lane (at Pomerado Road), Poway, CA
92064**

(Map attached)

Lectures & Kendo Instructions:

Kendo and Its Development in the United States of America

Junbi Undo (Warm up exercises)

Kihon –The Basics

Advanced Waza (Techniques)

Ji-geiko

Se-ri-undo (Cooling down exercises)

Closing Statement

Who should participate:

Bona-fide kendo students or
kendo instructors of the All United States Kendo Federation

Costs: Free

Contact:

Dr. Ken Lorimer Tel : 858.679.7281 Fax: 858.348.1357

E-mail: worldkendo@att.net URL (Web site): <http://www.linkframe.com>