

# Ryukyu Karate Stay

## <Day 1>

- 3:00 PM Check-in
- 5:00 PM [ Practice 1 ] Standing, Fixed Basics, Moving Basics, Fukyugata 1 (90 min.)
- 7:00 PM Dinner \*extra charge
- 8:30 PM Oil treatment (90 min.) Day Lily tea before bed time

## <Day 2>

- 7:00 AM Morning deep breathing
- 8:00 AM Wake-up smoothie breakfast in the room
- 9:30 PM Beach walking
- 10:00 PM [Practice 2] Traditional martial arts (90 min.)
- 0:00 PM Special lunch: Soba noodles with Mozuku seaweed and boiled egg with Rafute(Pork belly dish in Okinawan cuisine)
- 1:00 PM Midday nap
- 3:00 PM Aquatic exercise
- 5:30 PM Special Dinner: Bonito and Tebichi(Boiled pork leg) Hot Pot
- 7:30 PM Acupuncture and moxibustion
- 11:00 PM Bedtime with Day lily tea

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## <Day 3>

- 6:30 PM Morning deep breathing
- 7:30 PM Breakfast \*extra charge
- 9:00 PM [Practice 3] Review of the past, Trial split (90 minutes)
- 0:00 PM Check out