

Ryukyu Karate Stay

< Day 1 >

- 3:00 PM Check-in
- 4:30 PM First Karate Training. Standing posture (1h 30 mins)
Dinner (extra charge)
- 8:00 PM Evening training
Awamori to soothe your body before bedtime.

< Day 2 >

- 1:00 PM Second Karate Training
Practice the type of three battles, Trial division (1h 30 mins)
- 2:00 PM Shiatsu (Finger pressure therapy)
Dinner (extra charge)
- 8:00 PM Evening training
Awamori to soothe your body before bedtime.

< Day 3 >

- 9:00 AM Third karate training
Review the past trainings, trial session(1h 30 mins)
- 12:00 PM Check-out