

■ Monitor Tour – Proposed Itinerary				
		Day 1 (Thu., Nov. 12)	Day 2 (Fri., Nov. 13)	Day 3 (Sat., Nov. 14)
	9:00	Meeting point: Tomobe Station, 9:45 AM	Departure: 9:30 AM *Approx. 12 min. travel time	Departure: 9:30 AM
	10:00	Monthly Ceremony at Aiki Shrine • Walk from Iwama Station to Aiki Shrine • Monthly ceremony (11:00–11:30 AM)	Aikido Practice Session 2 (Taijutsu practice)	Aikido Practice Session 4 (1. Taijutsu practice 2. Demonstration)
	11:00			
	12:00	Lunch from 12:30 PM (Shunpu Banrison)	Lunch from 12:30 PM (Sasame Sake Brewery “Shu no Mon”) visit Kasama Inari Shrine and nearby sights	Lunch from 12:30 PM(Kasama Craft Hills”Lunch Box”)
	13:00			
	14:00			Monitor Tour Review / Feedback Session
	15:00	Aikido Practice Session 1 (1. Taijutsu practice 2. Dojo tour)	Aikido Practice Session 3 (1. Taijutsu practice 2. Aikido lecture) If the schedule seems too demanding, adjust the start time to around 3:30 PM.	Tour concludes / Dismissal
	16:00			
	17:00	Hotel check-in: City Hotel Tomobe		
	18:00	Welcome / Networking Dinner (Gakuto) All participants are expected to attend	Dinner (Saibitei), 6:30 PM	
	19:00			
	20:00			