

# Kangeiko (Winter Training) 2016

Date : Jan. 9<sup>th</sup> (Sat.) ~ 11<sup>th</sup> (Mon.)

Fee : Free for member

(500yen/1H for non-member)

Time, Dojo Location :

Jan. 9<sup>th</sup> (Sat.) Chuoku Sports Center

9:30~10:30 Shihonage

11:00~12:00 Ikkajo

1月10日(日) Ryogoku Junior High School

9:30~10:30 Nikajo

11:00~12:00 Sankajo

14:00~15:00 Yonkajo

15:30~16:30 Sokumeniriminage

1月11日(月) Chuoku Sports Center

9:30~10:30 Shomeniriminage

11:00~12:00 Hijishime

14:00~15:00 Hijiatekokyunage

15:30~16:30 Kotegaeshi

## Chuoku Sports Center

### 【Access】

- Toei Shinjuku Line  
Hamacho St. Exit A2  
2min. on foot
- Tokyo Metro Hanzomon Line  
Suitengu St. Exit 7  
10min. on foot
- Tokyo Metro Hibiya Line  
Ningyocyo St. Exit A1  
8min. on foot
- Toei Asakusa Line  
Ningyocyo St. Exit 3  
10min. on foot



## Ryogoku Junior High School

