

# 2017 HMAF East Coast Gasshuku

Virginia Martial Arts Center

3325 Taylor Rd Ste 102

Chesapeake, VA

[www.http://karate-family.com/](http://karate-family.com/)

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## 2017 East Coast Gasshuku Schedule

### Friday

3:00pm – 6:00 pm: Yudansha Training, Rank Examinations, Review

6:30 pm – 8:00 pm: Training

### Saturday

10:00 am – 12:00 pm Training

12:00 pm Lunch Break/HMAF Dojo Cho Meeting

2:00 pm - 3:30 pm Training

3:30 pm - 5:00 pm Training

5:30 pm HMAF Banquet - local restaurant no host

### Sunday

10:00 am – 11:30 am Training

11:30 pm - 1:00 pm Training

Detailed instruction and review of Hakko Densho Ryu Waza will be conducted throughout the weekend with many hours for practice and refinement.

# Hakkoryu Martial Arts Federation

The HMAF was founded in 1974 by Dai Shihan Dennis Palumbo for the purpose of promoting the teachings of Hakkoryu Jujutsu.

