



# JAPAN KARATE TRIP 2007

## Schedule of Events



Sunday, November 18	
8:50 am	Tour briefing in San Francisco International Airport (SFO) International Terminal's Departure level; Assemble near <b>Ebisu</b> Japanese restaurant in the food-court area behind United Airlines counters; <b>Check-in luggage either before or after the briefing.</b>
10:50 am	Departing SFO to Nagoya (NGO) [UA 831, flight duration: 11 hours 45 min.]
Monday, November 19	
3:35 pm	Arriving Central Japan Airport (NGO); <b>Exchange currency.</b>
4:20 pm	Departing NGO for Downtown Nagoya by train <b>(1,200 yen = \$10.50)</b>
4:48 pm	Arriving Nagoya Station; Take subway to Marunouchi Station (Sakura-dori line)
5:00 pm	Arriving & checking into the Marunouchi Tokyu Inn
6:00 pm to 8:00 pm	Welcoming Banquette (at the Sozaiya Japanese restaurant) <b>(4,000 yen = \$35)</b>
8:30 pm to 10:30 pm	<b>Optional Massage at Toho Esthetic Spa -- Advance reservation required</b> <b>(6,300 yen = \$55 for 60 min.; 9,450 yen = \$83 for 90 min.; 12,600 yen = \$110 for 120 min.)</b>
Tuesday, November 20	
8:00 am to 9:00 pm	Breakfast & Check-out (Ask the hotel's front desk to hold your luggage).
9:00 am	Assemble in the hotel lobby; Leave the hotel by foot to the Nagoya Castle.
9:30 am	Arriving the Nagoya Castle (admission: <b>500 yen = \$4.50</b> ); Visiting the Noh theater (free).
11:30 am to 12:00 pm	Lunch (Soba noodle w/ tempura & maccha green tea) <b>(2,000 yen = \$17.50)</b>
12:30 pm	Back to the hotel; Pick up luggage; Take subway to Nagoya Station <b>(200 yen = \$1.75)</b>
1:17 pm to 1:57 pm	Take the bullet train (shinkansen) from Nagoya to Kyoto
2:05 pm to 2:27 pm	Depart the Kyoto Station for the Obaku Station (JR Nara line)
3:00 pm	Arriving & checking into the Zen Cultural Training Center
4:00 pm	Introduction & Orientation (on dojo rules and protocols)
5:00 pm	Dinner
6:30 pm	Zazen (Sitting meditation)
7:30 pm	Bath
9:00 pm	Lights out

Wednesday, November 21

4:30 am	Getting up
5:00 am	Chanting & Zazen
6:30 am	Cleaning
7:00 am	Breakfast
8:00 am	Lecture
9:00 am	Zazen
10:00 am	Karate Practice (mostly stretching & basics; everyone is encouraged to participate)
12:00 pm	Lunch
1:00 pm	Walking Tour of the Ryokuju-in Temple
2:00 pm	Zazen
3:00 pm	Brush Calligraphy
5:00 pm	Dinner Banquette
6:30 pm	Zazen
7:30 pm	Bath
9:00 pm	Lights out

Thursday, November 22

4:30 am	Getting up
5:00 am	Chanting & Zazen
6:30 am	Cleaning
7:00 am	Breakfast
8:00 am	Lecture
9:00 am	Zazen
10:00 am	Closing Ceremonies & Departure
10:30 am	Walking Tour of the Manpuku-ji Temple
11:00 am	Departing for Downtown Kyoto (by tour bus w/ English-speaking tour guide)
11:30 am to 12:30 pm	Lunch
12:30 pm to 5:30 pm	Sightseeing bus tour of Kyoto including the Stone Garden of the Ryoan-ji temple, Kinkaku-ji and, if time allows, Nijyo-jo castle.
5:30 pm to 7:00 pm	Free-time at the Kyoto Station (dinner, shopping, etc.)
7:00 pm to 9:20 pm	Take the bullet train (shinkansen) from Kyoto to Tokyo
9:20 pm	Arriving Tokyo Station; Take a shuttle bus to Palace Hotel; Check into the hotel.

Friday, November 23

9:00 am to 5:00 pm	Assemble at the hotel's lobby for Tokyo sightseeing bus tour (w/ English-speaking tour guide). Places to visit include the Imperial Palace, Tokyo National Museum, Zenshoan (where the grave of Tesshu Yamaoka is located), Senso-ji temple in Asakusa, Tokyo Tower, etc. <b>Optional Lunch at the Maguro-bito sushi restaurant</b> during free-time in Asakusa (Estimated cost per person: <b>5,000 yen = \$45</b> )
7:00 pm to 9:00 pm	<b>Optional Dinner at Kobe Steak restaurant in Ginza -- Advance reservation required</b> Estimated cost per person: <b>10,000 yen = \$90</b>

Saturday, November 24

10:00 am to 12:00 pm	<b>Optional Walking Tour of Akihabara</b> (electronics & computer district) with casual brunch at "maid cafe" (Estimated cost per person: <b>2,000 yen = \$18</b> )
12:30 pm	Meeting at the hotel's lobby; Leaving by train for the karate dojo in Kugahara ( <b>720 yen = \$7</b> )
2:00 pm to 3:30pm	Karate Practice ( <b>2,000 yen = \$18</b> )
6:00 pm to 8:00 pm	<b>Optional Closing Banquette</b> (Estimated cost per person: <b>3,000 yen = \$26</b> )
8:00 pm to 10:00 pm	<b>Optional Karaoke</b> (Estimated cost per person: <b>2,000 yen = \$18</b> )

Sunday, November 25

9:00 am	Check out the hotel; Leave your luggage at the Front Desk; Assemble in the hotel lobby.
9:00 am to 2:00pm	Walking Tour of Ginza (fancy shopping district) & Tsukiji (fish market); <b>Optional Seafood Lunch at the Tsukiji Fish Market</b> (Estimated cost per person: <b>2,000 yen = \$18</b> )
3:15 pm	Departing the hotel for the Narita International Airport (NRT) by Airport Shuttle Bus ("Airport Limousine")
4:30 pm	Arriving NRT; Check in luggage; Last-minute souvenir shopping.
7:00 pm	Departing NRT for SFO [UA 838, flight duration: 9 hours 14 min.]
11:17 am	Arriving SFO (in the morning of the same day)