

# Aikido Friendship Tour 2009

Trip Itinerary (4/4-4/12-4/19)  
Terry Leonard, Bob Graebel & Peter Zalinski

ビール  
熱燗  
飛び受身  
*Enjoy the Ride*

**How to Contact Us:** We have no mobile phones with us in Japan. To contact us directly, email Peter or Bob, we'll check for messages when we are able and call you back if need be. There is usually a PC available at each hotel for checking email and flight information and the like... (For emergencies, see contacts and accommodations, below.) Please be aware that Japan is 14 hours AHEAD of Chicago-time – so your “morning” is our “night,” and vice versa.

Peter: [Pezalinski@gmail.com](mailto:Pezalinski@gmail.com)  
Bob: [Robertgraebel@aol.com](mailto:Robertgraebel@aol.com)  
TL: [rcf\\_1@sbcglobal.net](mailto:rcf_1@sbcglobal.net)

## DEPARTURE APRIL 4<sup>th</sup> (Saturday) ARRIVAL APRIL 5<sup>th</sup> (Sunday)

American Airlines:

ORD-DFW	Flt# 2303	6:50am to 9:20am	Saturday
DFW-NRT	Flt# 175	10:10 am	Saturday to 1:10 pm Sunday

SUNDAY APRIL 5<sup>th</sup>  
Overnight in Narita City  
Accommodations:  
<http://www.naritakanko.jp/ohgiya/englih.html>

OHGIYA  
JAPANESE INN GROUP RYOKAN  
474 Saiwai-cho, Narita City,  
Chiba Pref 286-0028  
TEL (0476)22-1161  
FAX (0476)24-1663

## MONDAY APRIL 6<sup>th</sup>

*Travel to Shingu to train at Kumano Juku Dojo*

9:04 or 9:31am	Narita Express to TOKYO (JR East)		
11:10 AM	12:51 PM	Nozomi No.23	TOKYO to NAGOYA (JR East)
1:06 PM	4:16 PM	LEX Wide View Nanki	NAGOYA to SHINGU (JR West)

Accommodations:  
Kumano Juku Dojo, Shingu Japan

Contacts :  
Tim Detmer [info@kumanojuku.com](mailto:info@kumanojuku.com)

<http://kumano-world.org/english/their-e.html>

Aikido Kumano Juku Dojo  
Motokaji machi 1-5-1, Shingu shi,  
Wakayama ken 647-0005  
Tel: (0735)21-3103

## TUESDAY APRIL 7<sup>th</sup>

*Continued training at Kumano Juku Dojo*



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## SUNDAY APRIL 12<sup>th</sup>

Bob & Terry travel to Shinjuku-ku, Tokyo to train at Hombu Dojo.

1:14pm	1:47pm	NARITA to CHIBA	JR Rapid Airport Narita
1:51pm	2:31pm	CHIBA to TOKYO	JR Rapid Airport Narita
2:37pm	2:52pm	TOKYO to SHINJUKU	JR Chuo Line

Accommodations:

Kadoya Hotel

<http://www.kadoya-hotel.co.jp/eng/index.html>

Contacts: Ruriko-Yokoi

[Rurik0@hotmail.com](mailto:Rurik0@hotmail.com)

Kadoya Hotel Tokyo, Shinjuku, Nishi-Shinjuku 1-23-1 TEL 03-3346-2561 FAX 03-3342-4595
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## MONDAY APRIL 13<sup>th</sup> - TUESDAY APRIL 14<sup>th</sup>

Terry & Bob continue to train at Hombu with Doshu, Seki Sensei, Inakoshi Sensei, and others.

	06:30-07:30	08:00-09:00	09:00-15:00	15:00-16:00	17:30-18:30	19:00-20:00
Mon	DOSHU	SEKI		TORIUMI	YOKOTA	YOKOTA
Tue	DOSHU	YASUNO		KOBAYASHI	MASUDA	MASUDA
Wed	DOSHU	KOBAYASHI		ENDO	MIYAMOTO	MIYAMOTO

Monday AM: Coffee with Seki Sensei after Keiko

## WEDNESDAY APRIL 15<sup>th</sup> - SATURDAY APRIL 18<sup>th</sup>

Terry & Bob travel to Yamagata to train with Funakoshi Sensei

10:43am - 10:56am	Chuo Line Rapid	SHINJUKU - TOKYO (JR East)
11:08am - 02:01pm	Shinkansen, Tsubasa No.113	TOKYO -YAMAGATA (JR East)
<b>or</b>		
12:01pm - 12:15pm	Chuo Line	SHINJUKU - TOKYO (JR East)
01:08pm - 04:01pm	Shinkansen, Tsubasa No.117	TOKYO -YAMAGATA (JR East)

Accommodations:

"Hotel Limoges" : ホテルリモージュ

Note: no English sign outside

Hotel Limoges 1-1-35 Tokamachi, Yamagata City, Yamagata Prefecture Phone:+81-23-625-1133 Fax:+81-23-625-1099
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<http://www.japanican.com/hotels/ShisetsuDetail.aspx?ar=06&st=2445A15>

Contacts: Professor Tak Yoshinari

[takyoshinari@gmail.com](mailto:takyoshinari@gmail.com)

TEL 090-7522-3106

Phone: [tak4558@ezweb.ne.jp](mailto:tak4558@ezweb.ne.jp)

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## THURSDAY APRIL 16<sup>th</sup> - SATURDAY APRIL 18<sup>th</sup>

*Terry & Bob continue to train with Funakoshi Sensei (and Visit Yamadera)  
(Details TBD)*

## SUNDAY APRIL 19<sup>th</sup>

*Terry & Bob return to Chicago*

08:04am - 10:56am Shinkansen , Tsubasa No.106 YAMAGATA to TOKYO (JR)  
11:16am - 12:42pm Rapid Airport Narita TOKYO to NARITA-AIRPORT

### American Airlines:

NRT-LAX	Flt# 170	4:00 pm to 10:00 am Saturday
LAX-NRT	Flt# 175	12:40 pm Saturday to 6:50 pm Saturday