

TRAINING COURSE SCHEDULE

	10th	11th	12th
6:00			
7:00		MORNING PRACTICE Dojo	MORNING PRACTICE Dojo
8:00		BREAKFAST	BREAKFAST
9:00		COMMEMORATION PHOTO	REST
10:00		OPENING CEREMONY	KATA VIDEO International Budo Univ.
11:00		OUTLINE OF NAGINATA	
12:00		PRACTICE Dojo	PRACTICE International Budo Univ.
1:00		LUNCH	LUNCH
2:00		BREAK	BREAK
3:00		PRACTICE International Budo Univ.	GRADING TEST Kenkyuu shitsu
4:00			PRACTICE Dojo
5:00		BATH	BATH
6:00		MEAL	MEAL
7:00	ARRIVAL BATH MEAL	LECTURE	FAREWELL PARTY
8:00			
9:00			

Rules for Dormitory Life

Dormitory residents are asked to observe the following rules to ensure a pleasant community life for everyone. Residents should consider the convenience of their fellow residents, and conduct themselves in an orderly and disciplined manner at all times.

Fire Prevention

- (1) Please check the route to the emergency exit nearest to your room as soon as you move in.
- (2) The emergency exit on the first floor is located in the main entrance lobby to the left of the corridor. Emergency staircases on the third and fourth floor are located at the end of the left and right corridors, and can be used as well as the central staircase.
- (3) Please be careful of fire. Smoking while walking or in bed is strictly prohibited. Smoking should be confined to places where ashtrays are provided.
- (4) Ash from the ashtray in residents' rooms should be disposed of in the ash receptacle in the corridor. Ashtrays should be washed after use.

Meals

All meals are self-service. The duties of meal orderlies are as follow:

- (1) Serve the food, and set out enough trays in the prescribed place for everyone who has reserved a meal.
- (2) Throw out the leftovers of your meal, and stack the used plates in front of the kitchen.
- (3) Wipe over the tables and surrounding areas after the meal, and return the dishcloths and other cleaning equipment to their proper places.
- (4) Meal times are:

Breakfast:	7:00 a.m. to 8:00 a.m.
Lunch:	12:00 noon to 1:00 p.m.
Dinner:	6:30 p.m. to 7:30 p.m.

Orderlies should cooperate to get the work done as quickly as possible.

Baths

- (1) When bathing, wash cloths and towels should not be used in the bath tub itself.
- (2) Residents should not leave their rooms or the bathrooms dressed only in underclothes or pajamas.

Lights Out

The lights will be turned out at 10:00 p.m.

Cleaning

- (1) Each resident should help to preserve a pleasant environment by striving to be clean and tidy.

- (2) Residents are responsible for vacuuming their rooms and the adjacent corridor. Electric vacuum cleaners are provided in each corridor.
- (3) Rubbish and empty cans or bottles should be disposed of in the designated receptacles on each floor.

Communal Facilities

- (1) Residents who use the drying room or clothes lines are responsible for tidying up their own clothes and belongings.
- (2) Sweat-soaked judo wear should not be placed in the drying room.
- (3) No posters or notices are to be nailed or pasted to the walls.

Checking Out

- (1) Residents should clean their rooms, and fold the bedding neatly in the place it was when they arrived.
- (2) Used sheets and pillowcases should be taken to the laundry on the first floor. (Do not take the futon covers off.)
- (3) Room keys should be returned to the front desk.

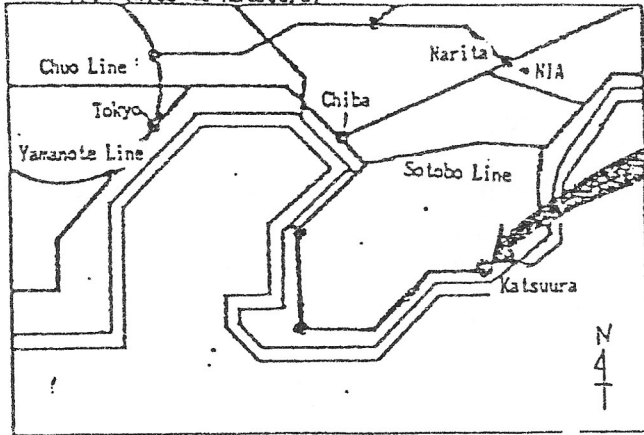
Other Regulations

- (1) Telephone calls for residents will not be received except in an emergency.
- (2) Residents wishing to use equipment or appliances should inform the front desk.
- (3) Breakdown or damage to appliances or facilities during use should be reported to the front desk immediately, and appropriate instructions received.
- (4) Residents should refrain from loud songs, laughter and any other behavior that would be a nuisance to fellow residents.
- (5) Please conserve water and electricity.
- (6) Please observe room assignments.
- (7) Valuables should be deposited at the front desk.
- (8) Lights should be turned off when leaving the room.
- (9) Slippers should be arranged neatly when taken off.
- (10) In the event of a fire or other emergency, please obey the directions of the staff and officials.
- (11) To protect their health, residents are encouraged to be temperate in their consumption of tobacco and alcohol.
- (12) Observance of set times is very important to communal living. Plan to do everything five minutes early.

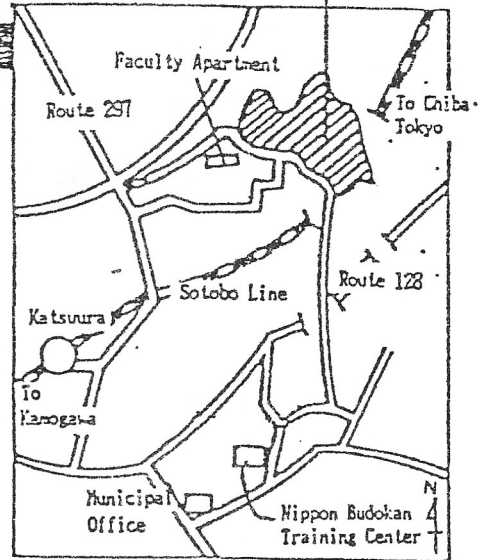
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 Tel 04707-3-4111

- ◆ It takes about 2 hours from Tokyo to Katsuura by Limited Express Train(Wakashio) of Soboto Line, and about 15 minutes on foot from Katsuura.
- ◆ From the Narita International Airport: Take the Japanese National Railways' bus from the NIA and get off at Narita of the JNR, from Narita to Chiba, from Chiba to Katsuura.



INTERNATIONAL BUDO UNIVERSITY Campus



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- ◆ It takes 5 minutes on foot from Kudanshita of Tozai Line(Subway) or Shinjuku Line(Subway).

